MAY 11, 1912

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CHATS WITH YOUNG MEN

MAKING A VACATION PAY MAKING A VACATION PAY What a miracle of change is wrought in our great city population between the months of June and October I Pale, emaciated, nervous, care worn, ex-citable, fractious, touchy men sre trans-formed as if by magic. Sun-burned obeeks replace faded ones ; dull, tired eyes regain their luster, and legging steps are quickened into vigorous ones. The tight-drawn lines of anxiety and discouragement are ironed out, and a hopeful, buoyant expression takes their place.

hopeful, buoyant expression takes their many men of great natural ability go of the time, because they never learn the secret of re-creating, refreshing, reme-ing themselves. There are multitudes of people whose work would improve immensely if they could only learn how to renew, re-create themselves. The sanity and power of all the mental fac-nities depend upon it. How quickly self-confidence, the ability to stick be-gin to weaken the moment the brain second the single hour of intense con-centrated effort is worth more than days of trying to force the brain, in second-dus condition, to do first-class work. Most men underestimate the tremen-drom simportance of mental freshness and from a clear brain, and a clear brain is good food, plenty of sleep, lots of play, good, healthy recreation in the open air, and mental harmony, can make fresh-lot.

It is force, vigor, robustness, spontaneity, that count in one's creative work. If these qualities are absent, the pro-duct must be inferior. No great work duct must be inferior. No great work can be accomplished by an overworked or fagged brain. Many people work hard so many hours during the week that they do not have sufficient rest or recreation on Sunday to get rid of the brain asb, the broken down tissues, from the week's work. You may be sure that when your head feels thick and dull and you have great difficulty in concentrat-ing your mind, there are enemies of your efficiency in your blood in the way of poisons worn-out dead cells that you all his wealth is absolutely incapable of real enjoyment, because he can not slow down, he can not shut off steam from his mental machinery after he gets through mental machinery after he gets through producing. He gives one the impression that he is always keyed up to the high-est tension. He makes one feel that there is nothing worth while outside of business ; that it is the chief object and aim of life. He has never had time to read, never ing your efficiency in your blood in the way of poisons, worn-out dead cells that you must get rid of. Much of this can be done by thinking, by mental chemistry, if you know how to do it, but nothing will take the place of that refreshment and self-renewal which come from plenty of outdoor exercise, sleep and recrea-tion. Forced recreation, exercise taken for the sake of health, amount to very little. The right mental attitude has everything to do with affecting what is desired. He has never had time to read, never cultivated a taste for art or music or literature, has never traveled much; in fact, he is ignorant of everything out-side of his business. His estbetic facul-ties are as dormant as when he was born. He has never developed his social in-stincts or faculties. He can not con-verse intelligently on any subject out-side of his business. " Now, when this man retires, as he will shortly, what has he to retire to? Where can this old man find enjoyment and satisfaction outside of the routine of the rut he has been in for half a cen-tury?

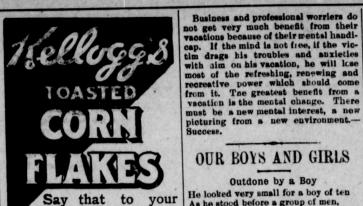
desired. Men who have never learned to play heartily and have spent their lives strenuously in a business or profession have a very hard time to learn to occupy the mind in an enjoyable way while not at work. Many business men seem to think that absolute rest, in-activity, is the kind of vacation they meed, but this is often the hardest and most unprofitable kind of work. I know a man who takes his vacation just as people take a disagreeable med-ione, not because he wants to, but because he thinks he needs it, be-cause he is forced to. His vacation is a bore to him because he never has taken time from his strenuous life to learn how to play or how to enjoy himself. He Men who have never learned to play of the rut he has been in for half a cen-tury? He does not know how to stop. All he can do is push on, push on. He has done it so long that he can not slow down; every nerve and fiber in him is pitched to the pace that has been his life habit. What he has done nearly every day for fity years now holds him as by a vise. It is a great thing to learn to shut off the mental steam when you quit work. What would you think of a factory man-ager who would leave all of his power turned on after the operators had left the factory, the delicate machinery run-ning everywhere, pounding itself to

turned on allow the operation of the fastory, the delicate machinery run-ning everywhere, pounding itself to pieces, grinding out its delicate bearings without producing anything ? Many of us do not turn off our mental power after we are through producing or creating for the day. We carry our business home, take it to bed with us, think, plan, worry and waste precious energy in all sorts of ways, in super-fluous thinking, foolish worrying that produces nothing, but grinds out the ex-quisite mental machinery end unfits it for the next day's work. It is a great art time from his strenuous life to learn how to play or how to enjoy himself. He can not play golf, tennis, or croquet, or even cards. He knows nothing of any game. He does not enjoy books. Soniety house him

any game. He does not enjoy books. To get the most good out of your vacation you must give yourself to it with your whole heart. You must not hear the hum of your factory, you must not carry with you the burdens and per-plexities which have pinned you down and robbed you of your comfort, which have wearied and annoyed you for so many months. If you do, you will re-turn the same wearied, fretting, un-happy mortal that you were when you went away.

WE OUGHT NOT TO NEED VACATIONS

Every day ought to be a holiday. It



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Also hits

Kelloggs .

TOASTED

CORNO

FLAKES

H. K. Kellog

As he stood before a group of men, And asked for work with a modest air. "I will do your errands," he said, "with grocer-man, and get more value than ever care." They laughed, and with words that shall be unsaid They joked till his face with pain grew

You are built," said one, "on a limited plan-You never will make a full grown man." Then another-" I am sure it's not very

wise To expect much work from a chap of your size." The youngster looked at the bearded

ing and cultivating, what will give you small," said he, " and I'm only · I'm

And you are grown up and know a lot, But I can do something that you cannot." What's that ?" they cried "It will

ing and cultivating, what will give you interest, occupation, and happiness in your declining years. Remember that if your whole life is spent in a rut, if all your energies are devoted to your little speciality and you gradually lose your interest in everything else, when you are finally forced out of that rut by age or it health you will have nothing to fall back upon for satisfaction or enjoy-ment.

what's that's they be don't a what strike us dumb,
To be cast in the shade by young Hop o' my thumb."
" I can keep from swearing," the boy replied.
And the little form grew dignified. I know a multi millionaire who with

* * * He turned, but he did not hear one say

That's a sermon I'll not forget to-day. THE LUCK OF A LITTLE VAGA BOND

BOND A wharf is not a pleasant place for a home, especially on raw, wintry days when one is nearly frozen and half starved. But such was the culy home of a dirty, dejected, stump-tailed, emaci-ated little dog. On one particular morning the little fellow had been poking his nose every-where for a bite or bone. It seemed a fruitless search though he did not appear at all discouraged. He was in-clined to make friends, for his bit of tail waged vigorously at the approach tail wagged vigorously at the approach tail wagged vigorously at the approach of every footstep. Apparently no one osred to waste friendship on such a mongrel, and about the only attentions he received were frequently ugly com-mands to "be ofi," and unlooked for kicks that are anything but helpful to poor, homeless dogs with empty stom-

But something happened. A cook

a tug-boat dumped a pail of luscious bones over the side of the boat and they fell on floating ice. The dog saw and of course his little skinny body thrilled with joy. There was a meal, a fat de-licious meal! No one knew how it hap-pened, but several minutes later he was

in the ice float. In a little while a voice shouted from In a little while a volce shouted from the wharf that a dog was going down the river on a cake of ice. And sure enough there was the little fellow be-side his feast of bones on the wobbly cake. He was not eating. Fright had taken away his appetite, and his appeal-ing attitude and wagging tail begged resone.

Ing attitude and waging the begins rescue. Then snother very funny thing hap-pened. The men who had kicked him began running around and trying to find a way to get out to him. Two of them climbed into a rowboat. Others launched a skiff, and the skipper of the tug gave orders to cast off. Another tug seeing the dog's plight headed for the ice-cake. Every one tried to get there first, but it was the tug that had caused the trouble that was victorious.

vigorated. Many men seem to think that they are accomplishing something if they keep their minds on business even when kee board. Did you ever meet the eyes of a grateful dog, and feel the lick of its \$1 Coupon FREE RHEUMATISM This coupon, when mailed to Magic Foot Draft Co., Dept. Px19, Jackson, Mich., will bring you a \$1 pair of Magic Foot Drafts, pre-paid, TO TRY FREE, as explained below.

THE CATHOLIC RECORD



tongue on your hand, and watch its hending also the other mystery of the Immaculate Conception—since it must follow as heat from fire that the God of

tongue on your hand, and watch its joyous antics, and see its tail almost wag off? It you haven't, you have missed something in life. That little mongrel could not show his appreciation enough, but it seemed the skipper was touebed by what he did show and decided to adopt him. No more kicks for the little vagsbond. He is sleeping in more warmth than he ever dreamed of and his thin sides are bulging out and his stumpy tail seems never to stop wagging.—L S. Almond in Our Dumb Animals. THE HABIT OF DECISION tollow as neat from fire that the God of all holiness, purity and truth could never be united, hypostatically or in any other personal sense, with a nature sullied by the inheritance of disobedi-This particular age is one in which

THE HABIT OF DECISION

"You will find, Stevey," said Uncie Hiram to his hopeful young nephew, "a great satisfaction and a great help in being able to make up your mind." "Don't be a dilly-dallyer, always un-

decided, never knowing what you want to do. You don't want to jump at things without thought; you want to be sure you're right, but you don't want to be about it. you want to be able you're right, but you don't want to be too long about it; you want to be able to make up your mind. Better to blun-der now and then than to lack decision. "This is a point to which some people can never bring themselves. They weigh things pro and con till they get contused and don't know what to do. This meighing things or Starger

confused and gont know what to do. This weighing things over, Stevey, when unduly prolonged, not only con-fuses us, it saps and dissipates cur very energy, literally leaves us weak and nerveless. We not only don't know what to do, but if we did know we would be powerless to do it.

what to do, but it we did know we would be powerless to do it. "The ability to decide which some men possess is more or less a gift. Most of us are often in doubt ; we don't know what to do. But you will find some men, a few clear-headed and resolute men to show we instinctival turn, who men to whom we instinctively turn, who are never in doubt, whose discernment is always true, who slways know what to do and who are always right. "But whether or not this shall prove

when our Divine Lord instituted that greatest of all mysterious ties between Creator and creature—the mystery of the Eucharist. When He gave them the smazing saurance that the bread He offered them was His body and the wine His blood, they knew that He stated what was perfectly clear to them in affectuation, though unrealizable by them save by the eye of faith. He had previously spoken "hard words" to them, as they said—things hard to be-lieve—but they had nearly all been made clear by fulfilment. His body and blood were to be the cement for His "But whether or not this shall prove so, whether or not you shall discover yourself blessed with the great gits of sound common sense and a clear vision, don't dilly-dally over things. Make up your mind ! In this power and its ex-ercise you will find a great inward satis-faction and a great help, and so strengthezed yourself, you will be all the more helpful to other people. and blood were to be the cement for His Church, to last and keep together in-separable all the masonry, until the end

EARNING A QUARTER

Winslow Homer was a great painter who had the unusual good fortune to have his merit appreciated early in life. But no one ever presumed less on a wide reputation. Affectation was a weakness from which his sense of humor saved of the world. of the world. Mary's glory is her childlike trust and belief. It placed an eternal dia-dem of more than angelic lustre upon her brow in the court of heaven. So, too, the Disciples' faith. They asked for no scientific explanation of the marvel propounded to them, but they trusted Him who gave it out. Science could not, never can, exulain it—for m which his sense of humor save In his biography, lately written by

W. H. Downs, is printed the story of a New York gentleman of wealth and artistic tastes who made the journey to could not, never can, explain it-for science has it limitations, though science has it initations, though scientists may not think so.-Catholic Standard and Times. Scarboro, Me., where Homer had his studio, to make the artists acquaint-ance. This story is quoted by "The ance. This story is quoted by "The Youth's Companion." On his arrival he found the studio

On his arrival he found the solution door locked; the owner was nowhere to be seen. He wandered about the cliffs for a while, until he met a man in a rough old suit of clothes, rubber boots and a battered felt hat, who carried a fish pole. He accosted the fisherman thus:

As Catholics we know that there is only one real evil in this world, and that is the commission of sin, the wilful violation of God's laws. Yet we have to live in the midst of people for whom sin

ear always in the background, so that if bour love were ever to grow cold, the corror of sin and its lamentable conse-quences may preserve us from offending. would be less.—Sacred Heart Review. tour love were ever to grow cold, the horror of sin and its lamentable conse-quences may preserve us from offending. Let us all pray earnestly that all Catho-lies may have an abiding horror of mor-tal sin.

THE DANCE PROBLEM AGAIN

In these days when certain forms o dancing are so sensationally immodest as to receive the condemnation of people who are not ordinarily squeamish in such matters, it would be well for young Catholic men and women to bear in mind what St. Francis de Sales said about dancing: "With regard to dances I say what

"With regard to dathes I say what doctors say of musbrooms, the best are good for nothing; and I say the best balls are scarcely good for much; if however, you will eat musbrooms, take care to have them well dressed. If cir-cumstances render it obligatory for you to go to balls be careful of your dances. How so? See that they are modest, dignified and have a pure intention. The doctors say of musbrooms that we The doctors say of mushrooms that we should eat of them sparingly and rarely, however well cooked, as excess in however well cooked, as excess ho quantity is mortal. On the same prin-ciple, I say, dance little and rarely, lest you run the risk of becoming attached to dancing. After dancing you must nourish yourself with certain good and

nourish yourself with certain good and holy thoughts which will prevent the dangerous impressions this vain pleas-ure might leave in your minds." In a recent pastoral Archbishop Moeller of Cincinnati quoted the fore-going words of St. Francis de Sales with this comment: "All who love to dance should bear in mind this practical advice of the great the lesson of Mary's sweet humility, is invaluable as a lesson for those "men of good will" who are really desirous of good. will" who are really cestrols of bringing about a harmonious agreement between science and religion. Troe science is modest; presumptuous science demands irom God an answer as to why,

"All who love to dance should over in mind this practical advice of the great and learned Bishop of Geneva. His words teach that dancing is a diversion which is to be indulged in with a great how and for what purpose He created, if He did created, the visible universe. When Mary, the white sculed and in-genuous, demanded of the Angels Am-bassador how could the Fact which be deal of circumspection and moderation. "Persons who attend public balls and dances are wanting in that prudence counselled by St. Francis de Sales. The public balls, in which any who deforeshadowed be brought about, under the conditions of her holy life, she did not question as to the process which he intimated. It was enough for her to be assured that the power of God was to do sire may take part, are often frequented by persons who are bent on evil. Any one who does not wish to rush recklessit. This was all sufficient. She was able at once to realize the awful gran ly into danger will keep away from such dances. Always be sure that the per-sons invited to the dance have regard for propriety and decency."

able at once to realize the awful gran-deur and glory of the distinction which was to be hers and prophetically in-spired to proclaim alond her sublime ecstasy of soul over the tidings, in the words of eternal truth, "Behold, all generations shall call me blessed." The Handmaid of the Lord was to be The Archbishop here touches one of The Archotshop here todenes one of the weakest spots in the whole problem of dancing. Even Catholic societies are far from being as careful as they should be in providing for the exclusion of "undesirables" from their dancing The Handmald of the Lord was to be blessed on earth and blessed forever in heaven as well—as the only mortal being that ever was so honored. Similar was the faith of the Disciples when our Divine Lord instituted that parties. Generally speaking any one who has the price of a ticket is free to

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The reason why men who mind their own business succeed in life is because they have no competition. Martin Ann and

Every day ought to be the as a drud-gery, as a hardship. It should be a perpetual joy. There ought to be re-creation in every hour's work; a buoy-ancy and a love for it which would kill all sense of drudgery, but unfortunately we have not yet reached that ideal state and until we do we need vaca-

People who work all the time be-come as dry, and parched and dreary as a desert without rain.

a desert without rain. Do not think, my friend, that because you are hustling every minute, because you "keep everlastingly at it," you are accomplishing the maximum of your capability. Your little trips in the country, the time you spent taking a friend out sailing, may really count for much more in your great life work than the same time spent grinding in your office or factory.

office or factory. One of the best vacation investments is the increasing of one's acquaintances, is the making of new friends. Sometimes is the making of new friends. Sometimes the best things that have come to us have resulted from acquaintances formed on our travels and vacations. Get rid of this idea that is ingrained in most of us that when we are not evermost of us that when we are not ever-lastingly grinding away at our work, we are wasting time or opportunity. Even from a monetary standpoint a man often makes more as the result of his vacation, increasing his power, his efficiency, than he ever does during the same time in his office or factory.

NO MUSTS IN A VACATION

NO MUSTS IN A VACATION I know people whose idea of a vaca-tion is an opportunity to write a book, paint a picture, or to do something which they have not had time or oppor-tunity to do before. A vacation for a hard worker ought to mean freedom from all "musta." Many people are such victims of the imperious "must," they have such a conviction that they must do this, that they must do that, that when they do have a little leisure they can not enjoy it. Such a vacation is

when they do have a little leisure they can not enjoy it. Such a vacation is not holidaying at all. It is merely shifting one's work. To get the most out of your vaca-tion, keep the "must" out of your play. Just go out to have a jolly good time, to play, to frolic; be a boy again, forget your vacation, forget the past, be free. The most important investment you can ever make will be that of develop-

A

keep their minds on business even when not at work, but they really accomplish less than nothing, because they are wasting precious mental energy, the power for concentration, the vigor, the focusing of the mind, which is impera-tive for creating purposes. What good is a man, no matter what he has accompliable or accompliated

quisite mental machinery and units it for the next day's work. It is a great art to learn to shut off power when through our day's work so that we can oil our mental machinery, refresh our minds, and recuperate ourselves, so that we can go to the next day's work completely rein-vigorated.

he has accomplished or accumulated, when he has paid for his achievements with a slice of his constitution, when he has developed some physical weakness or has so depleted himself that he has lost his resisting power and has de-veloped some latent disease tendency that would never have shown itself but

for his run-down condition ? When a man is weary, worn-out, he has no power of resistance, little self-control. Little things annoy him which when well and strong he would not no-tice. "Every man is a rascal when he is sick." The best of men are often hunter when the are one of the for his run-down condition ?

brutes when they are worn out physi-cally. The animal qualities in one's nature come to the surface when one has drained his vitality to the dregs.

AN EXPENSIVE ECONOMY

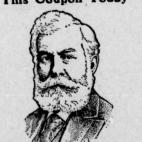
AN EXPENSIVE ECONOMY No, do not be niggardly in the matter of your vacations. If you are, you will rob yourself of what you can never get back. Economize on a ything else but this. Whatever makes you a healthier, larger, more efficient man is cheap at any price you can stand. Whatever you do whether you make money or lose it, succeed or fail in your calling, keep np your physical and mental standards.

do whether you have honey or alling, keep up succeed or fail in your calling, keep up your physical and mental standards. Supposing you do make a little more money or save a little, more, sell a few more goods by omitting your vacation ? Does this warrant your putting such a mortgage on your health efficiency, your capacity for happiness ? There are plenty of rich, broken-down men in this country, who would give half their fortunes if they could go back and take advantage of the bitter lesson they have learned from trying to get along without vacations. Many a millionaire who has bartered his health for dollar sighs in vain for that which his weakin can not restore. "Oh, to be strong ! Each morn to feel

Which his weath can not restore.
"Oh, to be strong ! Each morn to feel A fresh delight to wake to life ; To spring with bounding pulse to meet Whate'er of work, of care, of strife Day brings to me !"

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thus: "I say, my man, if you can tell me where I can find Winslow Homer I have a curatice for you." seems to be the very air they breathe, people who deny the existence of sin and are ever ready to excuse any enorm-

say, "I am Winslow Homer." The sequel of this unusual introduc-tion was that Homer took his new acquaintance back to the studio, enter-tained him and before he left sold him a

THE ACCURATE BOY

The small boy stood in the doorway with his battered hat in his hand. "If you please, sir, do you want to hire a boy ?"

The great merchant looked around at his caller. "Did you wipe your feet on the out-

"Did you wipe your feet on the out-side t" he harshly demanded. The small boy shock his head. "No, sir," he replied, "I wiped my shoes on the outside." There was a moment's silence. "Hang up your hat," said the mer-chant. 'You're engaged."

OUR LADY'S MONTH

All the months and all the years be-long to God, and some of these are more especially his, in human regard, by reason of the beautifully mystic happen-ings related to them. May and Octo-ber are peculiarly dear to the Catholic heart because they are dedicated to the Virgin Mother of God, and June to St. Joseph. her chaste sponse and temporal HEN you decorate your walls with Ala-bastine you'll agree that the soft, velvety Alabas-tine tints outclass wall paper and oil paint in beauty and effectiveness. Their beauty is correspondent to Alabas-Joseph, her chaste spouse and temporal protector and provider. November is effectiveness. Their beauty is permanent, too. Alabas-tine colors will not fade— will not rub off. Alabastine is a dry powder made from Alabaster rock. It mixes easily with, cold water and forms a rock cement which hardens on the wall, and can be recoated without removing

Joseph, her chaste spouse and vehicles in protector and provider. November is mournfully prized, too, for the reason that so many of the holy souls await our plous pleadings to Mary that she may obtain from her Divine Son their early enfranchisement. It is very difficult to fathom the reasoning which sees in Catholic vener-ation of the Blessed Virgin a fact dero-gatory to the surpassing dignity of God. Such objectors appear to be unable to grasp the full meaning of the mystery, of the Incarnation. This mystery, they seemed to forget, was a union— hypostate union, as it is rightly termed—of the Divine nature with the human nature; and if they be recoated without removing the old coats. Alabastine is the most durable, eco-nomical and sanitary wall coating in the world to-day. It is indorsed by leading

where I can find Winslow Homer I nave a quarter for you." "Where's your quarter ?" said the fisherman. He handed it over, and was astounded to hear the quizzical Yankee fisherman say, "I am Winslow Homer." The sequel of this unusual introduc-tion was that Homer took his new ac-

HORROR OF SIN

lics, spend days and weeks and months in the state of mortal sin! Far from having any horror of sin, others expose having any horror of sin, others expose themselves recklessly to occasions, in which past sad experience has taught them that they will not resist. And even though they repent and are forgiven by the priest's absolution, must one not frequently fear that they have not such a deep-sated horror of sin as will make them correspond to grace and beat back the devil's tempta-tions? How can this horror of sin be ac-

tions? How can this horror of sin be ac-, quired? By prayer that God inflicts such awful puoishment on sin, justly condemning the sinner to hell, should ever be present in our minds. While we are not to serve God merely out of fear, but rather with loving hearts to answer His love for us, we must have Æ

