of confidence?

Everything depends upon the attitude of mind with which you approach a difficulty. If you are cowed before you begin, if you start out with an admission

weakness, that you are not equal to emergency, you are foredoomed to

He is beaten before he begins. It is not difficult to silence or to get rid of

such an agent.

Quite another sort of man came into

they are just waiting for somebody to recognize it and to push them ahead.

Working right beside them are o' hers with, perhaps, less ability, but with that aggressive, ambitious spirit which attracts attention and carries them on past their more modest and retiring friends. In this electric country of push and hurry and drive, people are too busy to investigate merit or mere

push and nurry and drive, people at too busy to investigate merit or mere worth which does not exhibit itself or force its way forward. The American people believe in the man who claims something, who assumes to stand for something, who asserts himself; for this assertion is evidence of that progres-

assertion is evidence of that progressiveness which is so essential to success.

If a man makes no claims, people take it for granted that he does not believe in himself. But the man who asserts him-

self, believes he can do the thing he undertakes, creates confidence; and the employer is looking for the man who has the confidence of the man who has the man who has the man who has the man who had the man who

a program and who believes he can carry it out. He is looking for results and

The fine-grained, sensitive youth feels

We may not like the aggressive man

ake any claim for themselves are often

If you have the assurance and con-

acy let them know what you can do.
The man who asserts himself will come

ness do you think he would attract? It

ness do you think he would attract? It is not enough to have ability; you must let it be known. You must make yourself felt. Other things equal, it is the young man who has the most advertising value in his personality who gets the best position.

value in his personality who gets the best position.

It is not enough to possess merit. If you want to get quick recognition, you must have the faculty of making your ability known: you must have the art of projecting yourself and making a favorable impression upon others. Life is too busy and too short for us to expect the world to go around with a lantern hunting for merit.

Nothing else is more fatal to quick recognition than the quality of self-effacement, and many really capable people have a genius for keeping out of sight, for effacing themselves. They seem to think there is a merit in always taking a back seat: in taking special pains to keep away from the footlights, and in keeping in the shadow. These people usually have retiring natures, and the idea of pushing themselves ahead is most offensive; but everywhere we see self-assertive men going to the front, while those of equal ability but of retiring natures, are left behind. There is such a thing as a man being too modest, too retiring. It is worse to think too little of yourself than too much; to have too little confidence than too much. But the proper thing is to estimate oneself justly.

Wearing out the Machine.

thought to lack it.

immodest, unbecoming to

who can achieve them.

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THE WOMAN THE CASE

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es, and it is, therefore, the duty I should be the pleasure of "THE MAN

N THE CASE whom she has a right to look for stection, to insure his life while to in good health, for her benefit en his strong arm and active brain all have been stilled in death!

ad Office, WATERLOO, ONT

CHATS WITH YOUNG MEN. Cowanis How Do You Approach a Difficult Task? Do you dread it, fear it, hesitate before it, try to go over it, or around it; or do you face it with boldness and determination, with the courage of the conqueror? Do you approach it with the attitude of the victor, or of the vanquished? Are you beaten before you strike a blow, by your admission of weakness and lack of confidence? Maple Buds

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you ever tasted. Maple Buds are not made by any other concern, as the name and design is fully patented. Look for the name on every Bud.

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Sometimes a book agent comes into my office, and I know by the way he enters that he does not expect to make a sale. Instead of approaching with spend the greater and the best part of his life working like a slave to get something ahead to enjoy, and to kill his en confidence and assurance, he apologizes, sneaks in, and asks me to please do him joying capacity in the process, so that when he gets his money, and is ready to retire, he has nothing to retire to but sneaks in, and asks me to please to thim
the honor to give him two or three
minutes of my valuable time. He has
lost his first chance by making a bad
impression upon me, and it takes more
time than I can give him to overcome it. misery and regret?

Have nothing to do with people who dramatize their woes. "Radiate a sunny self-trust, and make whatever you touch luminous."

It is grip and grit that conquer suc-cess; not alone the vigor with which one takes hold of his task, but also the

Quite another sort of man came into my office some time ago. He entered with such an air of modest assurance, such confidence and hope in his bearing, and was so cheerful and interesting, that I bought what I did not want. He made a good, quick impression upon me. He won at the very outset by getting my confidence. Ifelt interested in him. He compelled my admiration.

Self-Assertion as an Asset.

We often hear it said that, if a youth has ability people will find it out without being told; that if he has merit, it

has ability people will find it out with-out being told; that if he has merit, it out being told; that if he has merit, it out being told; that if he has merit, it out being told; that if he has merit, it out being told; that if he has merit, it out being told; that if he has merit, it out being told; that if he has merit, it will come out; but we see on every hand young men with splendid ability, with good education and fine training, out of situations, or in very ordinary ones, simply because they lack that aggressiveness which pushes its way to the front. They are conscious that they have ability, and they are just waiting for somebody to recognize it and to push them ahead.

Satisfied ever again to grovel by the exercise of his brute faculties.

"It is the young man whom labor can not weary nor enemies scare, nor drudgery disgust: who confronts reverses with an unflinching front; who can neitner be turned aside from his settled purpose, by the werld's dread or laugh, nor by its scorn or its frown, who makes his mark."—Success.

A Bad Sign. It is a very bad sign when a young man begins to shirk the duty of monthly confession and communion which, as a boy he fulfilled as a matter of course.
This generally happens when, having left school, he secures a position in some store, shop or factory and begins to rub elbows with the various kinds and he fulfilled as a matter of course conditions of men who go to make up the workaday world. Though he does not suspect it, he is influenced by the atmosphere of carelessness in matters of religion that is characteris-

tic of places where men work.

He is worse influenced still if
his lot be cast among those who are
hostile to Catholicity, or to all religion, and who revile or ridicule the things that he has been taught to hold sacred. To a young Catholic thus placed there is nothing so strengthening to heart and soul as frequency in the reception of the sacraments. Assailed as he is, day after day, by temptation in all forms, it is absolutely necessary for him to renew and repair the bulwarks of his spiritual that it is immodest, unbecoming to push his way forward, to attract attention to his ability, to tell what he can do; but white he is waiting for the world to discover his merit, and to help him on, the aggressive boy beside him has pushed his way to the position above him and repair the bulwarks of his spiritual defenses. But it is at this most critical period, when his faith and morality are hanging in the balance, that the spirit of the world weans him from the observations of the spirit of the spirit of the world weans him from the observations of the spirit of the spirit of the spirit of the spiritual spirit vance of his religious duties, which are vance of his religious duties, which are his only safeguard, and he begins to neglect or avoid the monthly confession and communion that kept him loyal and undefiled as a boy.

The most insidious form of attack we may not like the aggressive man, who is full of his own importance, who is always telling what he can do, yet we can not help believing in him, because self-confidence is absolutely necessary to achievement, and those who never make any alaim for themselves are effect.

rne most instituous term of attack point the faith and morality of Catholic youth is ridicule. The covert sneer of a non-Catholic fellow workman or comviction that you can do a thing in a commanding way, do not hesitate to let people know it; not in a blatant, obtrusive way, but with tact and diploment the beautiful way what you can do. The man who asserts himself will come to the front much more quickly than even an abler person who has a genius for self effacement, who never forces himself into the swim of things.

Supposing a merchant with limited capital should open a store and display nothing in show-windows or on counters, but should keep everything in boxes, packed away out of sight until somebody called for them, how much business do you think he would attract? It perfectly instructed young man almost unconsciously begins to apologize men-tally for being a member of a church of

Kellogg's Is Not a Medicine

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Most Americans incapacitate the human machine from producing happiness. They ruin its delicacy, its power of fine appreciation, in overspeeding it, so that its finer sensibilities are destroyed.

Could applied. so that its finer sensibilities are destroyed.

Could anybody conceive of a more foolish performance than for a man to

which such things may be said, and instead of seeking information to offset them from the proper source, he allows himself to be assailed by doubts; and already the thought suggests itself that perhaps, after all, the Church is wrong, and this shallow pated carper beside him is right.

and this shallow-pated carper beside him is right.
This is the time for that young man to turn to the Church for he'p and guidance; and become a highly intelligent Catholic by the studies which were prompted by attacks upon his faith. Constant in religious duties, frequent reception of the sacraments, together with heartfelt prayer, are the sovereign means to enable him to hold the faith unweakened and unwavering.— Sacred Heart Review. Heart Review.

OUR BOYS AND GIRLS. Veneration of the Blessed Virgin

St. Stanislaus was asked one day, whether he loved the Blessed Virgin Mary. At this question he replied with tears in his eyes: "How would it be possible not to love Mary; is she not my Mother?" You, Christian maidens, must have a true and child-like devotion. my Mother?" You, Christian maidens, must have a true and child-like devotion to Mary. She is the most noble, most exalted most perfect of all creatures. She is the exalted mother of our divine Saviour, who must be dear to our hearts above all things, and no man can ever comprehend how dearly Jesus loves His mother, and what pleasure we give to His Heart when we honor her sincerely. As the Mother of Christ, our head, she is also the spiritual mother of us, who are members of the Divine Body of Christ, because the mother of the head is also the mother of the members. She is the dispensatrix of grace. She is for the youthful soul, particularly, the protection of its innocence and virtue. In Alsace, in one of the oldest churches, we find a very suggestive picture. A virgin in the bloom of youth kneels before Mary our Blessed Mother. Gazing up to her with child-like confidence she presents to her her heart. Mary looks down upon her with a del-

dence she presents to her her heart. Mary looks down upon her with a tender smile, and presents her with a delicate white lily. Above the picture we read these few, but significant words. "Gift for Gift." The meaning of this is clear. Mary is the Queen of Virgins. She gives to her youthful admirers love of the virtue of Holy Purity. She protects them with her powerful assistance from the dangers and temptations which threaten this heavenly virtue.

Cultivate a great devotion to her. Recommend yourself to her love and intercession everyday. Enjoy saying the rosary daily. Recite at least a decade. On Saturday say a few prayers more to

rosary daily. Recite at least a decade. On Saturday say a few prayers more to her, as this is the day which is consecrated to her especially. Celebrate her feast days by receiving the Sacrament of Holy Eucharist worthily. Wear the scapular in her honor, and if possible join a sodality which is dedicated to her, and keep the rules and regulations faithfully. Perhaps you will find such a society in your parish. Much good can be accomplised by it, if it is properly conducted.

If you endeavor in this manner to be

If you endeavor in this manner to be devoted child of the Blessed Virgin Mary, she will certainly bestow-upon you in abundance her great love protection; you will obtain many favors through her. She will be to you a de-voted protectress and mother through but it is at this most critical hen his faith and morality are in the balance, that the spirit lid weans him from the obserhis religious duties, which are safeguard, and he begins to ravoid the monthly confession union that kept him loyal and sa how.

A Little Heroine. No one who had ever seen Molly O'Brien would have thought there was anything the least heroic about her. She looked as though she would like to hide, even if you spoke to her; and in school — well, she was most of the time the last of her class. Once she got to be next to last. At home it was just as a non-Catholic fellow workman or companion has too often a more deplorable effect upon a Catholic young man, and it is generally found to do more damage to his convictions than an open ard undisguised tirade against the teachings and practices of the Church. A well informed Catholic will recognize in this ridicule only a sign of ignorance or malice, but an impressionable and imperfectly instructed young man almost Molly is a good, dear child, but she costs more in a year by what she breaks than all the others put together." And the worst was that she did try so

And the worst was that she did try so hard to be helpful. She would come home from school, never stopping to play by the way, and at once begin to wash up the dishes, or dust for mother, and the next moment sunash, smash would be heard, as Molly, with wide-open hurt eyes was trying to gather up the pieces of the wreck she had made.

made.

A railway ran through the woods near where Molly's parents lived, and crossed a bridge over a small stream before it went on its way through the fields to the nearby town. One day Molly had gone out in the woods to gather some flowers for her mother. There had been a heavy rain, and the little stream was very full and angry. While Molly stood watching the water she heard a groaning noise, and the she heard a groaning noise, and the next moment the bridge a few yards away came down with a crash, the water having torn away the ground support-

Molly's first thought was to run home Molly's first thought was to run nome and tell mother; her next, that it must be near time for the afternoon train to pass, and without any other thought but to stop the train, she climbed over the fence and ran up the one track in the direction from which the train must

direction from which the train must come.

Very soon she heard the faint rumble and a far-off whistle, and then the train came round a curve. Molly took off her aprop, and still running hard, waved it above her head. Nearer, nearer came the great engine, but she had but one idea—to keep it from coming nearer the stream, without any thought of danger to herself. The engineer blew his whistle, but the little figure never moved off the track; and, creaking and groaning the big engine came to a stop ten feet from where Molly stood, "Please sir, the bridge is gone," gasped Molly, almost ready to drop with all her running.

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bravery, did the idea come to her that she had done anything out of the common.

And Molly was happy to think that she
had done one thing which was really

and truly right. How Love Helps.

W. J. REID, President

Miss Annette was the new school mistress at Muddy Flat. She had a very sweet, round face, and two dimples that went and came as they pleased in her

cheeks.

But to-day—this hard Friday—she looked so tired and sad! For she had news from home! Her poor mother sick—likely to die—said the letter, and yet she must wait until school was out before she could start to see her.

It seemed to her that the day would never go he and the children were

never go by, and the children were never so noisy before. As for the old store, it smoked so that they all looked as if they were going to cry at once.

Then they whispered, giggled and

nudged each other, moving their heavy feet noisily over the muddy floor.

Then they could not love her at all, or would not make things so hard for Suddenly a little hand was lifted and,

a little lisping tongue asked:
"Pleath, may I bring you thithnote?"
The child held a scrap of paper in her

chubby fingers, but Miss Annette shook her head. Had she not forbidden the her head. Had she not foreidate the writing of "notes" on the first day?

The yellow-haired little girl seemed about to cry, and now bent her head over her desk. But on second thought, she walked to the child's side—she knew

Rose was a good little thing.

"What is it, dear?" she said. The little one flushed deeply, and passed over the crumpled bit of paper. And at a single glance the teacher read these words printed in a large, round hand with

"I no yore ma is sick an I am so sorry. I lov you cause you are sweet an good.

Tears stood in Annette's brown eyes, ut somehow she did not mind the but somehow she did not mind the smoky stove now, or the noise of the schoolroom. She went back to her desk with a happier heart than she had carried that day.

"Put your books by, children, dear," she said, "and Rose may say her verses over for us. Did you know, I had almost forgotten my promise to let you sing our new songs?"

On Sunday, Aug. 15, the Church celerates the Feast of the Assumption of the Blessed Virgin Mary. It was one of the six great feasts of the year, on which the complete of the pear of the pear of the pear of the six great feasts of the year.

all Catholics are required to hear Mass under the penalty of mortal sin. Another fact to be borne in mind is that Saturday is a day of fast and abstinence. The feast was established previous to the sixth century and has been observed with great pomp since that time throughout the world. The common tradition of the Church fixes Jerusalem as the place of the Blessed Virgin's death, and here her empty tomb was shown to pilgrims in the seventh

century.
Although the Blessed Virgin was sub-Although the Blessed Virgin was subject to death, yet her body was preserved from corruption and was united to her soul in heaven. It is to attest her belief in this fact that the Church has provided for the celebration of the Feast of the Assumption each year on Feast of the Assumption each year on

August 15.

Mary's office in heaven is very happily
portrayed in the beautiful titles given portrayed in the beautiful titles given her in the Litany said in her bonor. From these we learn that as Virgin Most Merciful she constantly intercedes for us, and as Virgin Most Powerful she constantly pleads our cause with God.

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For this, as well as all her other feasts, therefore, we should have a great reverence. We should be faithful in their observance that we may be con sidered deserving of her protection and be benefited by her intercession. In this we should above all things at least comply with the wishes of the Church to join in celebrating the days set aside to do her special honor. Failure to do so is denial that we regard ourselves as her children, and in addition a direct violation of the law of the Church. Church Progress.

A Prospective Convert.

Though a descendant on both sides of her family of the original Trinity Churc property owner, Annkee Jans, and brought up in the belief of the Dutch Reformed Church, Madame Lillian Blauvelt, who leaves New York to day for Russia via Japan is intensely interested Russia via Japan is intensely interested in the Roman Catholic religion, and for some time has been instructed in Church doctrine by Father Vaughan, the celebrated London preacher and Jesuit. Madame Blauvelt's friends say she will be received into the Church at Westminister Cathodral London, this winter. inister Cathedral, London, this winter. Nearly all of her London friends in-

Nearly all of her London triends in-cluding Miss Kate Vannah, the well-known poet and musician, are members of that congregation. Madame Blauvelt is the only woman in the world who has ever been accorded the coveted order of St. Cecilia, bestowed upon her in 1900 by the thousand-year-old Academy of St. Cecilia, in Rome, after she sang the Requiem at Verdi's funeral, and as a further honor her name was inscribed on the bronze tablet beneath the St. Cecilia window in the Vatican.—From the New York Talegraph the New York Telegram.

"Black Death."

The following comment by Canon William Barry, on degenerate literature, which he aptly calls the "Black Death,"

is as timely on this as on the other side of the Atlantic: "I never leave my house to journey in smoky stove now, or the noise of the schoolroom. She went back to her desk with a happier heart than she had carried that day.

"Put your books by, children, dear," she said, "and Rose may say her verses over for us. Did you know, I had almost forgotten my promise to let you sing our new songs?"

The change did them good, and they sang right merrily. Rose never knew, perhaps, how much she had helped her troubled teacher by the little note, but Miss Annette gave her a kiss at the door that stormy evening and whispered: "I love you, dear!"

The words made the child happier for days to come.

Nothing helps like—love.—Selected.

FEAST OF THE ASSUMPTION.

On Sunday, Aug. 15, the Church celeer? I call these printed pages the Black Death."

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