

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; I 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 the poor ones, there are sad ones, 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 I have no desire to shun: Woe is me! alas! forever, My lost graces shall I rue, Heav'n or hell must end this pathway I shall never more pursue.

—ELANOR C. DONNELLY

DO YOUR DUTY DURING LENT

The following reflections are not intended for uncanonized saints, but for young men in the heyday of their youth, with vitality to burn and hopes unbounded. The season of Lent has begun. Now, my young man, don't have visions of sack cloth and ashes, for this discussion is not to be a pen picture of a skull and crossbones.

Supposing it were the month of May and we should be giving you some practical hints on how to spend your vacation in a most enjoyable way in the summer time. By that time you would be consulting friends and acquaintances concerning the most desirable place for spending your vacation. You would be interesting yourself in catalogue and time tables. You would count the weeks that still intervene before your vacation time. You would calculate how much money you will have to lay aside each week in order to have the amount required for your vacation trip. In order to save this sum, you would make up your mind to curtail some of your pleasures, be they smoking, billiards, bowling or an inclination to dress well. You have wonderful foresight. You don't mind making a few sacrifices because you know that they are the necessary means for greater enjoyment of life eventually.

All that you are here counseled to do is to use your common sense in the same commendable way with reference to another matter. You are a Catholic young man. As such you have certain views concerning this life and the life beyond. If you are a light-headed chap, you will try to squirm out of any attempt to pin you down to serious thought of this nature, but write and wriggle as you may, you can't stifle your inner convictions. So be a man, and don't try to run away from yourself.

So you are quite willing to do some thinking beforehand concerning a two-weeks' vacation trip? You are quite prepared to make sacrifices? How about your journey into eternity? "Oh, that's a long way off; plenty of time to think about that when I grow older." See here, young man! Hell is filled with grey-headed old men who were just as "smart" in their day as you think you are now. That was the kind of talk that they used to indulge in when they were at your age. O put the soft pedal on such claptrap. Should you perchance visit the G. R. C. Orphan Asylum, the solemn tick of a large clock in the main corridor will attract your attention. Underneath this clock you will read the inscription: "Every Moment Nearer Eternity." Weigh those words well.

Young man, what have you done by way of preparing for your journey into eternity? Answer the question! So here you have been, each year, making a fuss over a two-weeks' vacation trip, consulting catalogues and time tables, and stinting your pleasures in order to save money, but you have studiously avoided consulting the Church calendar with a view of knowing in advance the Holy Days of Obligation or the Feast and Abstinence Days! You don't even know when Lent commences.

If some one asks you what sacrifices you intend to make during the Lenten season, you crack that old chestnut: "Well, I'm going to cut out eating strawberries and water-melons." Spare us from such poor comedy. Come down to brass tacks. If you will heed the following advice, you will be the gainer, physically, pecuniarily and morally. You have forty days to deal with. You are asked to make the best of them.

In the first place, the Church prescribes certain regulations concerning fasting and the observance of days of abstinence. These regulations are printed in every Catholic paper. Cut them out and paste them in your hat. The Lenten schedule is the time table for the railroad to eternity.

Don't say that it is too irksome to follow the regulations prescribed. When you were saving money in the early summer for your vacation, you curtailed your noon-day lunch. You have learned too fast. Your family at home is keeping Lent in the proper way. Don't read the riot act at home when they expect you to live as they do. Don't think that a special banquet must be set each day for you.

Then there is the question of amusements. The old Roman orator and philosopher Cicero once declared that no sober man danced unless he was a lunatic. Cicero was a bit prejudiced and old-fashioned. While dancing may be a legitimate form of amusement at other times of the year, every Catholic young man should deny himself this pleasure during Lent. In the first place, such sacrifice tends to cause a wholesome reaction against practices that easily degenerate into dissipations harmful to soul and body. Keep respectable hours during Lent and a full night's rest, and the days will be brighter.

Perhaps you are addicted to some bad habit, too much smoking or drinking, for instance. Lent is the time to curb such habits. The forty days of Lent, properly spent, will succeed where sanitariums and Kekeley cures will fail.

You are known to be a liberal spender. You were never known to be tight-fisted. Have you been saving any money? No, you ever put spent your wages week after week. You know that you are a chump, but you have been unwilling to cut down your expenditures. Here's a tip—try it during Lent. In addition to these disciplinary measures, moral conduct deserves special attention. Each one knows his own failings; each one knows for himself where the shoe pinches. Forty days are before you. Will you make up your mind to carry on a determined fight against your particular moral failing, or will you continue to show the white feather? Now, in order not to overburden you, young man, let these suggestions suffice. Forty Days of Lent! How are you going to spend them? If you follow the instructions laid down here, Easter Sunday will see you a new man. Your chest expansion will have increased wonderfully. Your voice will sound more cheerful. Your gait will be more manful. You will have something that you perhaps never had before—a bank account. Life will have a new meaning to you. You may receive inspiration which will successfully shape your whole course of life. You will have developed character and strength of will. Above all, you will be traveling on the right road on your journey to eternity. All this can be accomplished by properly deporting yourself for forty days. Don't you think it is worth while? Well then, do your duty during Lent!—Buffalo Echo.

In the Tea Cup

"SALADA" GREEN TEA

is revealed. The flavor is pure, fresh and fragrant. Try it today.

To keep your eyes fixed upon the altar while saying your Rosary. To be in your seat when Mass begins and to remain until the priest leaves the altar. To have a prayer-book and use it during Mass.

To listen carefully to the words of the priest while he reads the epistle and gospel, makes announcements and gives instructions or preaches a sermon. To rest your eyes, upon the "Stations of the Cross," the statues of the Saints or their pictures, rather than on the fashions of those present.

To receive Holy Communion to approach the altar rail very quietly and to spend at least a few minutes after the Mass in thanksgiving. That the church is God's house, that Jesus is present upon the altar and that you owe Him reverence and devotion which you can only show by a quiet, respectful manner.—The Pilot.

THINGS TO BE AVOIDED DURING MASS TIME

Don't get into the habit of being late for Mass. A moment of preparation before Mass may be the means of opening your soul to many graces. Don't go to Mass without either a prayer book or rosary, unless you wish distraction, and not devotion, to occupy your mind.

Don't talk in church without necessity. Talk with God, whom you may not have visited, in His temple, since last Sunday; you will have plenty of time to talk with your neighbor after Mass. Don't leave the church until the priest has left the sanctuary. Take a moment in which to thank God for the graces of the Holy Mass.

Don't talk in the aisles going out. Remember you are in the presence of God in His Holy Sacrament. Your gossip will keep until you reach the street. Don't forget to bend the knee to the floor as you enter and leave your seat. This is an act of adoration paid to the Real Presence. Do it with faith and reverence, facing the altar.

THE BOY EVERYBODY WANTS "I like that little boy." This certainly is a great compliment for any boy and when they hear it, they feel proud. Some boys have a natural pleasant disposition, others acquire it by constant practice and watchfulness. But before anyone says "I like that boy" he usually recognizes something in the boy's character and behavior which makes him utter that statement. Everybody likes certain characteristics which we like to see in boys.

Everybody is pleased to see a boy who stands straight, sits straight, acts straight and talks straight. Everybody likes boys who are clean, whose fingernails are not in mourning, whose ears are clean, whose shoes are polished, whose clothes are clean and neat, whose hair is well combed, and whose teeth are well cared for. A boy who listens carefully when spoken to, who asks questions when he does not understand, and does not ask questions about things that are none of his business is welcome everywhere.

Everybody likes to see a boy who moves quickly and makes a little noise as possible, who whistles in the street, but does not whistle where he ought to keep still, who looks cheerful and always has a ready smile for everybody and never sulks. A polite boy is the pride of his parents and a welcome companion of all. There is something attractive about the boy who can look you right in the eye and tells the truth every time, even if he has made a mistake. Good boys will be eager to read good books, and rather put in their spare time playing baseball than to gamble in the back room.

A boy who tries to be "smart" and attract attention, and who is forever thinking and talking about himself is not welcome anywhere. But everybody is eager to see the boy who would rather lose his job or a lie. A boy who is not goody-goody, a prig, or a little Pharisee, but just healthy, happy and full of life. This is the boy that is wanted everywhere. The family wants him, the boys want him, all creation wants him.—Catholic Universe.

There is a toll-gate along every road which leads to success, and no one can get through without paying. And the toll is concentration, hard work, singleness of purpose. Remember you are immortal; realize your own immortality. Remember it all day long, in all places. Live as men whose every act is ineffaceably recorded, whose every change may be recorded forever.—Cardinal Manning.

OUR BOYS AND GIRLS TRIFLES

It was only a helping hand, And it seemed of little availing, But its clasp was warm, And it saved from harm, A friend whose strength was failing.

It's touch was tender as angel's wings, But it rolled the stone from the hidden springs, And pointed the way to higher things, Though it seemed of little availing.

A smile, a word, or a touch, And each is easily given; Yet either may win A soul from sin, Or smooth the way to heaven.

A smile may lighten the falling heart, A word may soften pain's keenest smart, A touch may lead us from sin apart How easily either is given.

SMILE Everybody in this world has a cross of some kind to bear. It may be one thing unseen in the silence of the heart's profoundest depths; or it may be one that is painfully visible to all. To some God gives but one great loss to bear on their earth. He showers what seems like a multitude of smaller ones. But, great or small, or one or many, the cross is there, and must be carried. Some bearers breathe their crosses with the sharp thorns of repining and discontent; others with the soft blossoms of patience and hope. It is largely a matter of choice, resting with the bearers; but it is the revelation of our experience that he finds his cross lightest who has learned—bitter though the lesson is—to smile with others at his own miseries.

IN THE CHURCH REMEMBER To genuflect reverently on entering and leaving your seat. To make the sign of the cross reverently at all times.

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