CHATS WITH YOUNG MEN

PRAYER

Pray not for wondrous knowledge, Pray not to be distinguished, For splendor, or for place; Or winner in life's race. Crave not the wealth that others So foolishly oft see; "Let not your heart be troubled" When men shall call you weak!

Just pray to know your duty, And then your duty do; Just ask that those who need you May place their trust in you; Be it your aim to gladden Some heart by grief depressed; Forget yourself in others, And give to God your best!

-AMADEUS, O. S. F. ASHES TO ASHES

Ashes to ashes, saith the moralist, and dust to dust. Out of the dust we came, back to the dust we go. "Remember, man," repeats the Church to her children, "that thou art dust, and unto dust thou shalt return," and she draws upon his forehead the saving sign of the Cross. Wonderful is she in all her symbolism. The ashes and the Cross, dissolution and resurrection, man's originand that which leads him to his final destiny, all are brought before our senses in the simple ceremony

which opens the holy time of Lent.

To the man who knows not God
life must be a saddening puzzle.

About him he sees men and women striving for success, but never achieving the success which satisfies. In his own heart he reads the same story. As the years pass, he learns that there is more of shadow in life than sunshine, tears more often than laughter, thorns but few roses, and no happiness that lasts beyond the moment. Here he finds no lasting city, and he knows of none beyond the grave. The heart that anguished, the hands that wrought, the feet that toiled, the lips that laughed, crumbled to dust, and existence ends. What is it all worth?

No Catholic should so regard life, No Catholic should so regard lire, but the view of some Catholics is not greatly different. They turn their eyes away from the vision which the Church would give, to fix them on the passing fashion of a garish day. Life, they are told, is the haze of autumn skies, a little vapor, the track of a ship on the dagen a flower that today is and deep, a flower that today is and tomorrow is cut down. Short is the tract of time between the cradle and the grave tha men call life. It is not life; it is but a time of probation, the few days we spend in preparation before we begin the long journey. Our real life begins only when the spirit has left its tenement of clay but upon our year. tenement of clay, but upon our use of this time given for preparation

depends eternity.

Why are we here? Why was man created? Was it to live and love and suffer, to strive and to fail, and after life's fitful fever, brief or long, to mingle utterly forgotten with the clay? These are questions which tasked the wisest philosophers of antiquity, but they philosophers of antiquity, but they can be answered by every Catholic "Man was created to praise, revere and serve God, and thereby to save his soul." He was not made to return to the earth. He came from God; he must, and by God's grace, he can, go back to God.

On Ash Wednesday, our thoughts turn to our origin and our destiny.
As the holy season draws to an gather in the darkness on the Hill of the Skulls, sad symbols of our mortality, and in the crimson the Crucified, find the title to salvation. Broken He hangs there the Victim of sin, but through the Cross, He passes to the glory of His resurrection. As His life was, so in their measure must our lives be. For us there is the clay, the cross, the passion, the tomb, and through His merits, the joyous resurrection. That is the story of life as God wishes it, and as we, beginning with new energy this holy Lent, with His aid can make it.— America.

ahead for those who have not achieved it early in life. Some of the most successful men in history things a child has to do, putting it lialy, until he reached Aosta. One the most successful men in history began their upward careers long

after they had reached middle age.

It is never too late to begin to do better; and the very reversal of the attitude of mind, the turning about and facing the sun with confidence, that the shadows fall at your

stories of those who never did any-thing of importance until they passed say so, but because their parents say so, but because their parents work. From November, 1618, to the half-century mark, and of those who have done great things after one infinitely more worthy of obedisixty, and you will not give way to

continue to develop, to improve, to for higher motives than mere obedi-

the very end.

moral faults and making spiritual progress.

For, as the proverb says, it is never too late to mend. — The Echo.

OUR BOYS AND GIRLS

AFFLICTION

God would not send you the darkness, dear, If He felt you could bear the light But you would not cling to His guiding hand

If the way were always bright.
And you would not care to walk by Could you always walk by sight.

Tis true He has many an anguish For your sorrowful heart to bear. Many a cruel thorn-crown
For your tired head to wear
He knows how few would reach

heaven at all If pain did not guide them there.

So He sends you the blinding dark-And the furnace of seven-fold heat, 'Tis the only way, believe me, To keep you close to His feet.

For 'tis always so easy to wander, When our lives are glad and sweet.

Then nestle your hand in your Father's And sing, if you can, as you go; For song may cheer someone behind

Whose courage is sinking low; And, well, if your lips do quiver— God will love you better so.

SOME WAYS OF KEEPING LENT

The Church has become quite lenient in the matter of fasting during the season of Lent and it is hardly necessary to emphasize very strongly the observance of the few the saint's gospel of the "golden regulations that are still left. If any person, even those who are exempt, cannot comply with the laws of fast and abstinence they are probably in a rather critical physical condition.

But because the Church does not But because the Church does not oblige us to practice the fasting of the Ages of Faith with its one meal a day at sundown, is no reason why she does not require us to observe the control of the control a day at sundown, is no reason why she does not require us to observe the obligations she still imposes upon us. Nor, because we are not upon us. Nor, because we are not obliged to abstain from the use of food for a long time, or in large quantities, as was the custom in the past, are we excused from practicing other penances which if not enjoined by precept and obligation,

Each of us should decide what south. From upon by each person for himself.

smoker, let him give up smoking for the forty days of Lent; if a woman is fond of candy, let her refrain from eating it for the same land. And just here it is a good sugges-tion to parents to have their chil-

dren practice mortifications during Lent. The Church does not require it. No, but she does not object to it, and it is well to bring the child watches over it.

Tenty minutes or half-on-hour's TRY AGAIN AND AGAIN

"It is never too late to mend" is an old and true proverb. Yet some

"It is never too late to mend" is an old and true proverb. Yet some

And if you teach your child thus water, where there is a great treasare deterred from making an effort early to practice mortifications, do ure, too. The old castle in which to do better by the conviction that it not do it in such a manner and St. Bernard, the Alpinist, was born, is useless to try or too late to correct old habits. They say that they have tried over and over again, and always failed.

It is a grievous delusion to imagine that there is no success ahead for those who have not achieved it early in life. Some of schild to connect religion with the results of the success and the success and the success are the success are the success are the success and the success are the s in the same category as brushing can still hear the comments of the his teeth or washing his hands, because if he has no higher motive he is cruel," and so on. than obedience and force behind the orders given him, he will cease to

ence and love than their parents
Lent is an excellent time to begin to
Paris, heard thousands of confesdiscouragement.

Life is a journey of progress, and there is no reason why we should not to observe the laws of the Church

practice his religious duties when he

the very end.

There are many young men who could save \$5 a week out of their income and who, after four years of economy, could have a cash capital of more than a \$1,000. With \$1,000 ence.

And the fact that we are not required to practice certain austerities during Lent is the very best reason for practicing them, because great as is the merit of the reach of all, are set forth with a charm and style that appeal to a reader's critical and esthetic sense as well.—The Pilot.

in hand they will have a substantial start in life and be on the way to success. It is the first thousand dollars that costs some self-denial and will-power.

What is true of achieving material success is also true of correcting moral faults and making spiritual.

THINGS TO FORGET

If you would increase your happiness and prolong your life, forget your neighbor's faults. Forget all the slander you have ever heard. Forget the temptations. Forget the fault-finding and give little thought to the cause which provokes it.

Forget the peculiarities of your friends, and only remember the good points which makes you fond of them. Forget all the personal quarrels or histories you may have heard by accident, which, if repeated, would seem a thousand times worse than they are Blot times worse than they are. Blot out as far as possible all the disagreeables of life; they will come, but they will grow larger when you remember them, and constant thought of the acts of meanness makes you may familie with these

makes you more familiar with them.
Obliterate everything disagreeable from yesterday; start out anew with a clean heart today, so that you may write upon a clean sheet for sweet memory's sake only those things which are pure and lovely.

THE PATRON OF WRITERS

A VISIT TO THE FAMOUS COUNTRY OF ST. FRANCIS

St. Francis de Sales, whose triduum of welcome was opened at Westminster recently, was one of the most modern and, one might say, topical of saints.

No wonder that Pope Pius XI., a sturdy mountain-climber in leisure, and an assiduous librarian and commentator at work, should have selected the valiant intrepid pioneer St. Francis de Sales as a patron of all writers, journalists, and thinkers. Today, more perhaps than ever, they stand to benefit by the saint's gospel of the "golden

THE SAINT'S DIOCESE

A visit to the district in which the heaven upon earth" as far as scenery goes.

It embraces that corner of Lake Geneva lying on the Savoy side of Geneva city. Nominally, of course, St. Francis was Bishop of Geneva, are nevertheless conducive to our own welfare.

was fixed at Annecy, on that other beautiful lake of that name 30 miles

Each of us should decide what would be a real penance for us. And just here let us pause to remark that a penance is the performance of some disagreeable act or the practice of some form of mortification. That we are hungry because we have not eaten at our usual time, or of our usual food, is a penance and is just the condition that the Church seeks to have us reach. That we like to do something that we refrain from doing is a penance and therefore to be practiced, consequently not to do what we would not do in any case is not a penance, therefore the special individual penances must be decided upon by each person for himself. around the bridges as it was in St. For instance, if a man be a great Francis's day—that is to say, as it

refrain from eating it for the same period. If the theatres or moving pictures attract, let us give them up during Lent. In a word, let us stop a moment and think what we stop a moment and think what we least like to do and then do it.

It is a wonder, indeed, considering the natural charm of Annecy, by the lovely lake and amid hills 5,000 feet high, that more Catholics from these islands do not go for health and inspiration there. Next year and inspiration there. Next year many who plan their holiday for the Continent will include Annecy because of the revival of interest in

and facing the sun with conidence, so that the shadows fall at your back, will be a great encouragement to go forward.

A man of fifty, sixty or more, ought to be shamed to say there is no chance for him. Read the life and that they should practice their parents of those who never did any.

But the interest in every aspect of Annecy is heightened by the memory of St. Francis de Sales. It was at Lyon he died at the end of a life full of travel and of teaching. The apoplectic stroke as a consequence of which he died, must be a great encourage. But the interest in every aspect September, 1619 during one of his missionary absences from his own sions, and replied to multitudes of letters. It is out of these and other letters that so many of his books have been constructed. These books,

The Popularity

has been earned on merit only. One trial will convince you

When Investing

The managers of all our branches are in a position to obtain reliable information for those of our customers who contemplate making an investment. The purchase or sale of Government, Municipal and higher grade Industrial Bonds can be arranged through any branch of this bank.

IMPERIAL BAN

190 Branches in Dominion of Canada.

DIRECT FROM COBH (Queenstown) TO CANADA

The Irish Free State now has its own direct sailings to Canada. Splendid White Star-Dominion Ships—Doric, Celtic and Cedric—are now maintaining a regular service for Irish people. These are three of the most favorably known ships on the Atlantic.



WHITE STAR-DOMINION LINE

"Health Is After All

XCESSIVE mental strain—worries and

The difficulties in estimating what the

anxieties consequent on the ups and downs of business—

These are some of the causes which have hastened the end for many prominent men

Employer and employee alike have been subjected to greater strain of brain and

Too often the value of guarding the health

It is comparatively easy to restore the

has been overlooked and the results are a

health after all is our biggest asset.

warning to the survivors to remember that

exhausted nerves by the use of Dr. Chase's Nerve Food provided treatment is begun in

When digestion breaks down-when you

cannot rest or sleep—when you find yourself nervous and irritable you may be sure it is time to ease up and begin the use of this restorative treatment.

future holds in store-

during recent years:

nerves than ever before.

Our 1924 Catalogue

is Ready

Beautifully illustrated, and contains particulars of the newest and best strains of Vegetable and Flower Seeds

Northern Grown Hardy Perennials Shrubs

Lawn Grass Seeds Bulbs

Fertilizers

Weed Killers and all Garden Requisites POST FREE

Dupuy & Ferguson 38-42 Jacques Cartier Sq. MONTREAL

More Light Than 20 Old Style Oil Lanterns

Oleman Quick-Lite THE COLEMAN LAMP CO., Ltd.

Double-Rotor Tuning Coil Trans-Canada

CUTS COST OF SET

IN HALF

Radio Corporation Rooms 10-14 Edge Block Dundas at Richmond St.

London, Ont. Phone 6107



LINIMENT FOUND TO BE POWERFUL GERMICIDE

Originally, Absorbine Jr. was sold only as a pain reliever and an emprocation. It was quickly discovered that the liniment was positive death to all forms of germ life, and it is now used as a mouth wash, for wound dressing and for all disinfecting purposes.

Another surprise was yet in store, A Wm. Pratt of Springfield, Mass., applied Absorbine Jr. to a varicose vein to relieve the intense pain. Not only did the pain leave, but he noticed every day the swollen vein becoming smaller. The treatment was kept up and, today, Mr. Pratt's legs, though he has never used anything else on them, are as smooth as when he was a boy. It has now been proved that Absorbine Jr. is an actual specific for varicose veins, leg ulcers, boils, pyorrhoea and a number of other ailments and injuries besides that for which it was first prepared. Nothing serves so many every day purposes and nothing is better entitled to its place in every home. When it is needed, it will be needed in a hurry. Don't wait for someone to be hurt. Get it at your druggist's today. \$1.25 everywhere. Get it at your druggist's today. \$1.25

Artistic Cemetery Memorials

IN MARBLE and GRANITE

Enquiries Solicited

London Marble & Granite Co. London, Ont



FREE also hundreds of Merchandise Prizes; \$200.00 more IN CASH will be Given Away as follows

1st Prize, \$50.00 in Cash 2nd Prize, \$40.00 in Cash 3rd Prize, \$35.00 in Cash 4th Prize, \$25.00 in Cash 5th to 9th Prizes—Each \$10.00 TOGETHER WITH MANY MERCHANDISE PRIZES



Solve this puzzle and win a CAS PRIZE, There are 6 faces in the bieth besides the two Campers, Can you fit them? If so mark each one with an X, cout the picture, and write on a separate pic of paper these words, "I have found all the fac and marked them" and mailsame to us with you ame and address. In case of ties, handwriti and neatness will be considered factors. If corre we will advise you by return mail of a sing condition to full ll. Don't send any money. Yean be a prize winner without spending one cof your money. Send your reply direct to.

GOOD HOPE MANUFACTURING COMPANY 275 CRAIG STREET WEST.

almost every community. Ask your friends and be master of your health by using Dr. Chase's Nerve Food. You will notice that while the price of Dr. Chase's Nerve Food has been increased to 60c: the box now contains 60 pills instead of 50 as formerly. Likewise Dr. Chase's Kidney-Liver Pills are 35c. for 35 pills, instead of 25c. for 25

Edmanson, Bates & Co., Ltd., Toronto.

The brain and nerve cells are not getting

There is no magical way in which the

They must be patiently nourished back to

This restorative process is best brought about by the use of Dr. Chase's Nerve Food.

This has been proven in so many thousands

of cases that evidence is to be found in

depleted nerve cells can be restored.

proper nutrition. Nor will they so long as too much nervous energy is wasted in worry and anxiety and too little left to control the

Your Biggest Asset"

organs of digestion.

health and strength.