#### CHATS WITH YOUNG MEN

GET UP! Have you had a fall, lad? Get up!
Tears won't help at all, lad— Get up!

Sloth will make you sadder Every day, and madder; Life holds out the ladder— If they've knocked you down, lad, Get up! Laugh at Fortune's frown, lad,

Get up!

If you've troubles, greet 'em

With a smile, and beat 'em.

Don't lie down to meet 'em—

Down below why stop, lad? Get up! Room is at the top, lad; Get up Doubt will bring disaster; Fortune knows her master, Farther climb and faster-Get up!

Dogged does the trick, lad-Get up! Square and straight and slick, lad Get up!

Take life boldly, brightly, Would you live it rightly; Take your troubles lightly— Get up!

#### THE POWER OF EXAMPLE

We are accountable to those around us for the example which we show them. Unconscious of it ourselves, every action which we perform exerts an influence upon our acquaintances and friends and even upon those who are wholly unknown to us.

With his dinner pail beneath his arm, an old street sweeper used to go every morning to a certain church, hidden away in the heart of a big city, to assist at daily Mass. His wife and children were all dead; he was alone in the world. And yet he was not alone, for he had support and strength from an Unseen Source. This Source was

his Sacramental God.

Every morning, before beginning his arduous and distasteful work, he knelt in the Kingly Presence and in words that faltered, it may be, told of his loyalty and his love to One Who bent down from Heaven to earth to give ear. Then he listened to what the Master of all good laborers had to say to his trusting heart. Sometimes it was much, sometimes but a single word. But always it was something that strengthened and consoled and susthe fainting spirit when things looked, as they sometimes will to the bravest heart, dark.

So life moved on for some years. The hair of the humble Christian gentleman, for such he was, grew white, and his shoulders began to stoop. But those who met him, trudging along with the pail, which, too, had deteriorated in the years, and was now darkened and battered with much use, saw that in his eyes there glowed a stronger

fire than ever before.

He never knew that his noble example and his childlike faith was the instrument wherewith God drew to Himself a wandering soul, long estranged from His paternal Heart. There was one who often passed by about the time that the old sweeper was coming from the church, and who frequently noticed the old man. At first he had found amusement in the thought that one would sacrifice his rest and comfort to go on what he termed a ridiculous quest. Amusement in turn became edification, as the heart of the sinner was and the stooped shoulders and the old dinner pail, faithful servitor that rested for half an hour every morning in the Presence of the

Then the man of the world found that suddenly the sweetmeats of his life became sickish; he conceived a distaste for them. Life, that had once seemed so roseate, became, of

Not many mornings later a stranger knelt at the altar railing, beside a poor laborer who had come to early Mass with dinner pail on his arm. They never knew, those

souls, less courageous, perhaps, more strongly tempted, to the serv-ice of the Divine Master.—The ice of Pilot.

#### OUR BOYS AND GIRLS

TWO BOYS AND A CIGARET Two bright little fellows, named Henry and Will, Were just the same age and the

same size until One day in their travels it chanced that they met

A queer little creature, surnamed Cigaret.
This quiet little creature made friends with the boys,
And he told them a story of mascu-

line joys
He held for their sharing. "I tell you," quote he,
"The way to be manly and big is

Will listened and yielded; but Harry held out:

"I think your assertions are open to doubt," He said, "and besides I'm afraid I'd be sick."
'Afraid!" echoed Will, "Oh, you

cowardly stick! Well, I'm not afraid, look a here!" As he spoke He blew out a halo of cigaret

smoke. Five years from that meeting saw them again. time had arrived when they

both should be men, strangely enough, although Harry boy stood
As tall and strong as a tree in the

wood. Poor Will seemed a dwarf; sunken eye, hollow cheek, Stoop shoulders, proclaimed him un-

manly and weak.
With thumb and forefinger he listlessly rolled cigaret, smoothing each wrinkle

and fold, And the smoke that he puffed from his lips, I declare, Took the form of a demon and grinned from the air,
And it said, "See that wreck of a

man that I made Of the boastful young fellow who wasn't afraid." -Catholic Universe

BE SURE YOU'RE FIT

Not long ago I came across a case where a boy lost a fine chance to connect with a fine job. The man who might have employed him didn't like the way he walked. He

"Slouching," said the business man, "is just pure physical laziness. A lad who hasn't got enough gumption to stand straight isn't likely to show much pep on the

Do you think this is far-fetched? Last summer a British doctor appeared before a British medical association and put forward the claim that the position of the spine has much to do with a person's physical effectiveness.

"My own health and stamina," he said, "have improved wondertion, as the heart of the sinner was touched at sight of the white hairs and the stonged shoulders are stonged shoulders and the stonged should be carried myself with an erect carriage

The professional soldier always has a commanding look. Why Because he stands with his shou ders back and his stomach in .- Col-

#### TWO HONEST BOYS

An example of honesty is always instructive, whether it be given by once seemed so roseate, became, of a sudden, strangely empty. It is only when the sinner becomes empty that there is room for his God.

They passed and repassed each other in the city street, the aristocrat and the poor laborer. They never spoke, for the latter, in his lowliness of heart, would have been the control of lowliness of heart, would have been amazed to know that the other yearned for a chance to speak to him. the last scholar, the smallest in the class, and he spelled it right—at toward evening, when there were few to notice, the sinner turned in at the door of the old red brick church. He stumbled blindly into church. He stumbled blindly into a pew in the rear, laid down his gloves and cane on the seat, and bent forward, his head in his hands. At first he did not dare to look up At first he did not dare to look up the benefit of the blittle boy at the head cried out, and the little boy at the head cried out, and the catholic Church now At first he did not dare to look up to where a flickering lamp, once very familiar to him, burned. But gradually, as his tears dissipated he raised his eyes. His faith acknowledged his infidelity to Christ, Who dwelt within a few feet of him upon an altar. Repentance filled his heart and strong resolutions took form.

Not many mornings later a stranger knelt at the altar railing.

In connection with this worthy conduct, there is herewith given another interesting lesson: "Do you want to buy any berries today?"

my berries, but you would be stealing. Don't you think you would get the worst of it?"

"No man is bound to be rich or and could impart it was

KEEP STRONG AND HEALTHY

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morning.
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HENRY JONES FORD

TELLS WHY HE ENTERED THE CATHOLIC CHURCH

Henry Jones Ford, former President of the American Catholic His-

I still have a valid recollection of

it had a picture of a big book chained to a desk. The accompany-ing matter told how the Bible used to be chained and how grateful we of intellectual truth. I held them should be that it was now free. for years without desiring to make What puzzled me was that the any practical application of them. Catholic Church should be so fool-ish as well as so wicked, for, if the concerned, I was quite content with purpose was to keep the Bible from the people, how much better it would have been to put it out of

It struck in my mind as a mysterious affair, and years after man had to fly his colors, the feel-when I found that the very purpose mg came hard and strong to me when I found that the very purpose of chaining the Bible was to keep it in public use, just as the city directory in a hotel is still often chained to the desk, my confidence in the instruction I had received in childhood received a fatal blow.

As my education advanced my early prejudices against the Catho-lic Church were greatly modified, but not wholly removed. After going through the Baltimore City College I entered journalism. Newspaper men are in the way of seeing things from the inside, and observation of actual results inspired in me a profound respect for Catholicism as a working system against the Catholic Church now survives only among the misinformed, and it is cultivated only by those who prey pon ignorance.

COULD NOT STOMACH AGNOSTICISM

A notion that had been put in my mind in childhood was that the

ward to thank us for a good example given to them. It may have been much less than that given by the poor laborer to the aristorat. But whatever it was, if it furnished a single good inspiration to a man or woman or even a little child, it was worth having lived for.

We do not know who is watching us quietly when we are going about our ordinary accustomed tasks. But we do know that fidelity is always rewarded, even in this life, that the faithful, steadfast courageous doing of whatever is imposed on us by the duties of our state in life, will not fail to attract other souls, less courageous, perhaps, more strongly tempted, to the service of the Divine Master.—The

The notion that modern philoso-phy had found the accret of things and could impart it was very gen-and could impart it was very genreat, but every man is bound to be eral among the semi-educated in the nineteenth century. I yielded to it enough to go deeply into the literature of the subject, but I found it nothing more than a thick fog. The real poverty of thought which characterized the materialist school of philosophy was cloaked by a pretentious phraseology which looked as if it might mean some-thing important and in this way a rise to constipation, biliousness, sick headache, a muddy skin, blotches, pimples and other liver marks; there is lack of energy and a more or less tired feeling. or less tired feeling.

People suffering from these ailments can get speedy relief by taking one or two of. Dr. Norvall's Stomach and Tonic Tablets at bedStomach and Tonic Ta with it. An up-to-date preacher could not get through a sermon who used to swear by Herbert Spencer now go in for psycho-analysis or psychical research.

About the only thing of real value which I picked up in miles of travel through philosophical and scientific literature was that there we will mail them to any part of Canada or Newfoundland for 25 bility of supernatural event or cents a bottle or five bottles for one divine revelation while there is much to suggest that possibility.

SUPERNATURAL ORIGIN OF CHURCH At a time when the Catholic did not attract me in the least, I had to acknowledge to my-self that her own account of her origin was possibly true and that this alone could fully account for her vitality and power. All attempts to find a natural explanation for such a phenomenon as the Catholic Church have been futile.

The theorizers keep at it, but they succeed only in devouring one another. I happen to have been so situated for many years that I could torical Association, former professor at Princeton University, editor of leading papers in the country, author and a former confidential stant in its ideas or which displays and diplomatic official in the United States Government, died last field does not lack able and learned month. He was a convert to the Catholic Church. Following is an should be so chaotic must be asso much barren ingenuity. The field does not lack able and learned article he wrote some time ago for cribed to some insuperable difficulty the Baltimore Catholic Review in this task. My own conviction is telling the story of his conversion. that difficulty is rejection of the When a child I was sent to a Methodist Sunday school. There I obliged to explain the origin of When a child I was sent to a Methodist Sunday school. There I was taught the Catholic Church was Christianity and founding of the Catholic Church in conformity with Catholic Church in conformity with a corrupt and oppressive institution. Catholic Church in conformity with which had put priestcraft and superstition in the place of true happen and their labor is vain because that principle is unsound. is not a scientific impossibility that the way I was puzzled by an article in the little weekly paper that used to be given to me. The article was entitled, "The Bible in Chains," and happen. conclusion that miracles sometimes

I reached these conclusions not through any liking for the Catholic Church, but simply in the interest my membership in the Episcopal Church. I did not credit its claims of Catholic origin or character, but about, even if it was chained.

TRUTH STRIKES HOME

It struck in my mind as a very ng came hard and strong to me that I was not playing an honest part and that I ought to act on my real convictions. This was an unpalatable thought, but now that I felt that my honor was involved I did not flinch from consequences. I applied for instruction and in due time was received into the Church with a feeling that I was discharging a rather disagreeable duty
The change of heart I have since experienced is indescribable and will not attempt to describe it. It fills me with wonder and awe.

#### IRISH HARVEST SHOWS IMPROVEMENT

The Irish harvest this year will show an improvement on that of the past two years. Where there has not been an increase in the yield of the crops there is, in most in stances, an improvement in quality The heat and rains of August brought on grass very rapidly and cattle are in much better condition than they were a month earlier.

Although the quantity of hay saved this season is some twenty to Reformation wasessentially a return thirty per cent. below last year's to primitive Christianity. My study crop, the quality is excellent. The to primitive Christianity. My study of history completely eradicated that opinion. I came to the conthat opinion. I came to the con-clusion that Catholicism was cer-tainly the historical form of Chris-tainly the historical form of Chris-land, the straw is short. The his arm. They never knew, those two so favored by their Creator, of the strange tie that bound them to one another in the Communion of Saints. Not even the new-made convert understood what a mystical bond united them in the great understanding Heart of Christ.

We do not know how many there are who, in Heaven, will come for-

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