SEPTEMBER 20 1924

## CHATS WITH YOUNG

MEN LOST IDEALS

Have we not all, amid life's pretty

strife Some pure ideal of a noble life

once seemed possible? Did we not hear

And any hour can blot it all away ; The hopes that lost in some far dis-

tance seem be the truer life and this the May

dream. -ADELAIDE A. PROCTER

SERENITY OF HEART DISPELS WORRY

It has been well said that a great many people imagine that the pres-sure of burden and care is whole-some; to take life hard is praiseworthy. It is looked upon as a kind of self-indulgence to take life Now there is no doubt that easily a spirit of intensity and care, up to a certain point, is required for a wholesome condition of mind. But a care that brings burdens, that takes away light, that deprives us of self-control, that causes us to bring unhappiness to others, has passed beyond the wholesome line. Now if this spirit of care did any good or led to any desirable results, there would be some justifying reason for it. But when it dominates our working day, spoils our temper, makes us unapproachable, it is not only useless, but mischiev-ous. There are two atmospheres in which one may work-the atmos-phere of trust and the atmosphere of worry. The atmosphere of trust is a religious atmosphere, and the atmosphere of worry is a worldly atmosphere.

"In quietness and in confidence shall be your strength," said a pro-phet of old, and his words hold good today. The man who accomplishes most is the man who has serenity in his heart. The worrying mind is unfitted for the best work. Some people are always in a feverish haste, and they want everything done on their lines, and according to their particular lights, or else they worry that everything is going wrong, or will be done wrong. Behind much of this spirit of worry and nervous irritation lies an under-estimation of the capabilities of those they have to deal with, and an over-estimation of their own excellent qualities, of head and mind and powers of organization and administation. The prophet says also: He that believeth shall not be in tration. haste," and commentaries tell us that the word may be translated; "He that believeth shall not fuss." Nothing hinders more in life than hurry and worry. A fretful restlessness dissipates our energies, makes us weak, disquiets our mind, unnerves our hand, leaves us excited, flustered, irritable, a trial to ourselves, and a grievous trial to these around us who consider the

Worry is banished by an atmos-phere of trust. Every worker for the world's welfare has sooner or later to take comfort and strength in the thought : "I have not made the world, and He that made it will mide "I if for the foll of little Little Maggie Tulliver, escaping one day to the dim recesses of the old attic in a fit of childish sorrow because life seemed to be unkind and pouring over long forgottentreasures stored away by pains-taking hand, came suddenly upon an old and yellowed book. The illustration is one of the most striking ever painted by a master stroke guide." Life is full of little worries, and the best philosophy is to expect them, and prepare for them, and bend to them for the moment as the reed does to the wind, and not to allow them to get "on our nerves." as the popular excuse has it. A breakdown is more often due

we not hear
e flutter of its wings, and feel it near
ad just within our reach? It was And yet
It o allow them
at state of spiritual or mental to a state of spiritual or mental overstrain than to physical over-work. A nervy condition often implies in plain language a perma-nent state of irritation, a temper getting raggy at the edges until to a somuch of this nervous wear and tear is needless. Our worry is magnified into a mountain of exasperation.
We always may be what we might have been,
Since God, though only thought, has life and breath,
Cod'a life can always be redeemed
to allow them
to a state of spiritual or mental overs train than to physical over-work. A nervy condition often implies in plain language a perma-nent state of irritation, a temper getting raggy at the edges until every molehill of worry is magnified into a mountain of exasperation.
And so much of this nervous wear and tear is needless. Our worry priate to the subject:
"I wrote down my sorrows every
the soul of the lonely and misunderstood child. She felt as if suddenly she had been awakened by atrain of sweet music. Here, atrain of sweet music. Here,

MISUNDERSTANDING

were-without design ;

one soul plods on alone

the rack of pain !

And after a few short years, When I read o'er the heart-aches passed away, I read them with smiles—not tears !"

then, was a secret whereby she might attain to peace and joy ! Maggie could not know that the little old-fashioned book had been If one doubts this, it would be written long ages by an aged monk in the solitude of his cloister, one who loved children with a special worth the experiment to write down one's daily worries in a book for a week or a month — and forget them. Then see what they are worth this time next year. When one is in ill-health, worries are apt predilection and who has forever immortalized a little Maiden of to weigh heavily on the mind, and all life can be visioned in distorted Martyr, Agnes. "It was written down by a hand perspective. It needs grace and mighty courage to say doughtily to

that waited the heart's promptings, the chronicle of a solitary hidden anguish, struggle, trust, triumph, oneself: "I will unpack my mind of all my fears."—The Echo. not written on velvet cushions to teach endurance to those who are treading with bleeding feet on the stones. And so it remains to all OUR BOYS AND GIRLS time a lasting record of human needs and consolations, the voice of

a brother . . with a fashion and speech far different from ours, but They seem as very trifles, yet they have a pow'r malign ; They enter, oft unnoticed—as ate desires, the same strivings. the They creep, like Eden's serpent same weariness. pushing beauteous buds aside; They poison friendship's flower which the strongest blast defied !

True, we no longer think as children, nor do we we speak or act as children. In putting on the things A barrier forever puts some heart far from our own ; Along life's dismal highways now of mature age, we have left behind those simpler, sweeter things to another generation of little ones. Misunderstanding cruel makes all But it is good to turn back someexplanation vain, And a loving heart is broken upon times, to step aside from the glare of the street into the shady retreat of the woods and fields where child--AMADEUS

THE CHILDREN'S HOUR hood's feet have often wandered. The poet, seated in his study at Cambridge and looking out over the The students of human nature have invariably taken keen delight winding river in the evening of life's day, awaited the enchanted advent of the Children's Hour. And suddenly, on his sensitive ear, in tracing for us the interior work-ings of lives, the hidden joys and achievements, conquests, failures and griefs. Biography is, because of this fact, an absorbing study, weary of the multitudinous sounds of cities and universities, of problems and philosophies, comes the loved sound of footsteps stealing for more than any other form of literature it reveals man as he is in over the stairs. One by one in the twilight the children gather about him, and in the dimness he calls himself and not as he seems to have

Of all delightful studies, there are none so poignant, so vivid, so thrilling as the hopes and yearnings, the emotions and conclusions of the each one by her own name one of the sober eyes, one of the laughing lips, one of the sunny child-soul. The greatest of novelists and poets alone have been able to

Cares fall from him. He forgets his white locks, his feeble limbs, the draw out the melody from these de-licately tuned instruments, so fine many portents which tell of the swift decline to the grave.

and subtle that their harmony is hardly apparent to the rude outer There was once a criminal who awaited his death sentence unre-pentant and obdurate. Many letters and gifts and visitors came Who has not experienced a keen flush of pleasure over the realistic picture Whittier paints for us in the Barefoot Boy? With the sunto him, but to all he remained oblivious until, one day, a child who shine on his face, and the perennial smile of boyhood, beaming "through had loved him sent a little Christmas card . . . the picture of a little ed by the torn brim's jaunty grace," he is a figure in our literature not to be overlooked. For he recalls to us the painless play, the health , surroun

The poor man gazed at it. Tears filled his eyes. His frozen heart melted at the sight. A little child

had led him Home.-The Pilot.

## THE CATHOLIC RECORD



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ommand of her Superior, deemed to be a special message from the Divine Heart of Jesus to an un-grateful and forgetful world.

the most precions gift He can make

To the worldly minded, this state-ment seems at first sight a paradox. For men expect to receive only good gifts from their friends and benefactors. How, then, can the Cross, so bitter and hard to bear, be in reality a most loving gift of God?

to a soul.

Someone has said that an awakened soul becomes creative at once. Maggie's own age, the Roman And nothing awakens the dead or sleeping soul to spiritual values so quickly as the sharp, piercing thorns of the Cross. In sorrow men come to the swift realization that there is no security in this life, that it is in truth a constant warfare and that unceasing vigilance is the price of peace and liberty. Through adversities they learn the true values of things, are chastened, humbled, rendered cautious for the future.

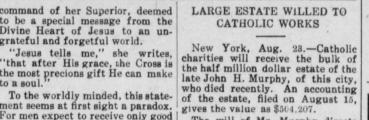
The message of Sister Benigna, under the same silent, far-off the striking lesson of her life, is heavens and with the same passion-love of the Cross. Offering herself as a victim to obtain peace for the world, she embraced this sacred symbol of calvation eagerly and It is good for us sometimes to symbol of talvation eagerly and turn back to the things of childhood. remained closely united to it until death

> Life holds many sorrows. No man may escape them. Wealth, influence. power, talents, friends,-Wealth, none of these hedges a man in co securely that he is immune from pain. The ability to suffer well is, then, much to be desired: the will to accept the Cross and to carry it in peace, if need be until death.

This safe sane philosophy of pain in union with the Will of God alone has the power to make the poor and oppressed contented with their lot in life, drawing from their burdens something meritorious for the life to come. This wise philosophy alone has the power to make the rich man judicious in the use of his time and the gifts entrusted to his keeping and ever watchful lest the hours pass without fruit.

This great lesson shines out conspicuously in the life of the humble Italian nun, a message of Divine revelation to a pleasure-loving and pain-fearing age.-The Pilot.

Answers for last week : Arrange



The will of Mr. Murphy directs that upon the death of his brother, Joseph F. Murphy and sister, the trust funds providing their income are to be divided among several Catholic charities. Legacies amount-ing to \$50,000 each are to go to the Catholic Church Extension Society, Chicago and the Catholic Charities of the New York Archdiocese, 477 Madison Avenue, this city. The The sum of \$25,000 will go to the Cath-olic Board for Work Among the Colored people. A similar amount has been willed to the following: Sacred Heart College, of Greenville, Miss., Roman Catholic Orphan Asylum, House at Calvary, Epiphany Apostolic College, Baltimore, and the Society of St. Vincent de Paul. There was a bequest of \$2,000 to St. Patrick's Cathedral.





Another \$50.00 Raise" "The second increase this year-that shows what special training will do for a man."

Two years ago this young man knew I wo years ago this young man knew nothing in particular, and, of course, he earned very little money. He reasoned that the men of his acquain-tance who were filling good positions and earning substantial salaries were

and earning substantial salaries were men who were trained. That was enough. He also would get a vocational training—he would have a career instead of a job—and so he enrolled for a Course with the Inter-national Correspondence Schools. For 30 years the I. C. S. has been beloing me and women to win careers—





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price paid for our worldly or external success exorbitant, who would in their desperation prefer failure if it brought peace and tranquility and humility in its train.

'What avails a life of fretting If some stars must needs be setting, Others rise as good as they.

Our work lacks power and permanent influence when we worry, for worry always means we are presumptionally invariants we are pre-sumptionally shouldering burdens, staggering under self-appointed loads which should be left to God or laid at His feet with confidence that He will share and sweeten the weight in His loving wisdom. Worry trust and loud-voiced hurry often spell self-advertisement, resembling the noisy, fussy stream that splutters down the hill side with great splashnoisy, fussy stream that splutters down the hill side with great splash-ing, and not like the full river that is noiseless and quiet, its hidden depths unaffected by surface storms. One day of quiet work with the peace of Christ in the heart is of more incalculable value than a month of nervous, explosive activity, whatever be its material success. If I remember rightly, it was Philip Brooks who said that in our own little sphere is certainly not the eved moon swinging like a great

own little sphere is certainly not the most active people to whom we owe the most. Among the ordinary people we know, it is not necessarily those who are busiest, but those who, meteor-like, are ever on the rush after some visible charge and work. It is the lives like the stars, which simply pour down on us the calm light of their serene bright shining, up to which we look, and etic human heart ? from which we draw courage and peace. God always works very slowly, very surely, very silently. We must not go faster than He does, we must not outstrip His graces for ourselves or for others.

I am glad to think

a most realistic and touching go right: But only to discover and to do, With cheerful heart, the work that God appoints."

and are now somewhat calloused and weary, again spring forward in the pleasant, unforbidden ways of stream and dell. And once again the strawberries grow ripe in the summer sun and are grateful to the

that mocks the doctor's rules, the festal dainties spread in a bowl of milk and bread . . . and many other never to be forgotten joys. So it is that feet which have travelled far on life's dusty road, PLEASURE-LOVING AGE AND ITS LESSON The Cause of a saintly Italian

nun, Sister Benigna Consolata of the Visitation Order, was recently opened in Como, Italy. Evident manifestations of the great intercessory power of the humble relig-ious have led to an investigation of lip, and the bird's answer to the call of one of whom they implicitly her hidden life with the result that an increasing desire to see her

Who has not thrilled to exquisite Beatified has been spread broadcast sympathy for the solitary child Lucy whom Wordsworth paints for throughout the land that gave her birth.

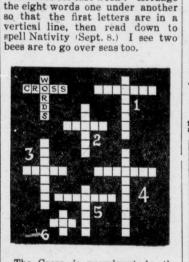
> When but twelve years of age, the child who afterward became Visitandine was favored with most remarkable union with Our Lord. Gentle and pious, she was pointed out as a model to her little companions.

Time passed, and this child heard within her soul the low incessant voice of the Saviour calling her to eyed moon swinging like a great magic lantern far up in the sky and still more intimate union with Him. Doubtless, in the town where she brooding on the great beautiful wonderful world beneath? And lived, to the populace she was but one of many others, a child whom with the little ragged half-starved they passed by with a shrug of the Oliver Twist who has not walked at shoulders as unworthy of note. But this child, simple and humble, was some time toward the dim distant town of London seeking fortune or destined for great heights of which at least the kinship of one sympaththe world reckoned nothing, which it could not understand.

The impressions of childhood are far-reaching and sometimes are re-sponsible for the entire shaping of man's after life. But of all such In the beautiful Canticle of the Magnificat, we read the words: "He hath put down the mighty from their seat and hath exalted the humble." And today we may apply these very inspiring words to impressions there is none more acute than the first intimate contact of the child-soul with the supernatural world. this lowly soul, Sister Benigna Consolata, whom God has singularly

In The Mill on the Floss there is exalted in the eyes of men. Of the many wonderful revela-tions of the Divine Majesty to this favored soul, there is one that is most precious, which the Sister her-

self, writing in her journal at the



The Cross is prominent in the Liturgy this week, so I have drawn up these Cross Words Puzzles which I feel sure will not be so difficult as to cause "Cross words" City ...

The idea is very simple. If you write the two correct words, as explained below, one letter in each square, they will cross as the words "Cross words" do above. 1, down: Priest's hat, across:

Priest wears on arm. 2, up: object of beauty and devotion in churches: across: worn by altar-boys.

3, up : Priest spreads on altar : across; around neck, over shoulders and crossed in front of him at Mass.

4, up: used at Benediction: across: meeting of bishops. 5, up: Sacred Minister: across: his uniform.

6, across : made by Sisters ; down, for whose sake made. Make up a few Cross Words.

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