CHATS WITH YOUNG MEN

THE NEED OF THE WORLD The world is needing you and me In places where we ought to be; Somewhere today is needing you To stand for what you know is true, And needing me somewhere today To keep the faith, let come what

The world is needing you and me To share the tasks it has to do; It needs high-minded men to stand Against the thoughtless of the land; Men who will scorn to stoop to

To win the favor of the throng.

The world needs humble men to toil, Men who will till a patch of soil, Men who behind their work can see More than its gold and silver fee And choose to serve where best they

Their country and their fellowman.

The world needs honest men today To lead its youth along the way, Men who will write in all their deeds The beauty of the spoken creeds And spurn advantage here or gain On which deceit must leave its stain.

The world needs men who will not

Men who will honor Freedom's Flag, Men who, although the way is hard, Against the lure of shame will

The world needs gentle men and

And calls aloud to me and you. The world needs men of lofty aim, Not merely men of skill and fame, Not merely leaders wise and grave, Or learned men or soldiers brave. But men whose lives are fair to see

Such men as you and I can be -Ergar A. Guest WHAT OUR FACE SHOWS

We are largely responsible for the countenance we wear. The face curately registers our thought life. We cannot expect to have impurity and worry and deceit in the mind. and yet have a countenance that will even have the contour and lines that indicate joy and peace.

UNCOMMON

Some one says that one of the most common traits in people is that of thinking themselves uncommon a good physical condition. and, of course, superior. There are some who would rather be wrong than be common. That man only is uncommon who has in his heart more kindness, more courtesy, more generosity, more unselfishness, and more love than most folk.

happy temperaments say they were born that way and that they cannot overcome their very nature. But how shall we account for the instan-taneous transformation of character which occasionally takes place after a tragic occurrence—the making and carrying out of a resolution to stop drinking, to quit an evil life, or the sudden determination to break up one's indolent habits? How shall account for the sudden reversal of the character of a young man who has been regarded as a good for-nothing all his life? Accident, a great crisis in life, the death of dear ones, the loss of property, a railroad wreck, or shipwreck, the sudden facing death in a fire, religious missions, a discovery of oneself, or a sione, a discovery of oneself, or a stress or physical strain, in emerg-realization of the real import of li e, encies of all sorts. have resulted in the reversal of many a life—all of these instances are proofs that it is not impossible to reverse our thinking and our habits and form a new character, a new disposition, even late in life

that we do not yearn for the things While jogging along life's road; we think we want with that intense Help some one to carry their burden. longing which is willing to make sacrifices to acquire them. We do not long for them with the earnest.

On something for somebody glue them with the earnest. ness that produces the force to tunnel mountains and bridge oceans in order to reach its goal. We wish simply, softly. We do not back up the wish with vigorous action, and the curse of inaction, of lax effort, that one becomes opportunity blind. Everywhere we see side-tracked wrecks, people who have waited so long that they have lost the power to act, have become blind to the chance and powerless to grasp

If we want to reform, with God's elp, we can reform. With a will, help, we can reform. we can turn over a new leaf. It is

WITH A FIRM WILL

Opportunity's doors have been swung wide open by the sheer force of will, dogged determination. How many people have opened the door of splendid chance by simply pushing ahead when others have turned back. The opportunity is in the man. It is in the quick brain, in the habit of mind that decides things vigorously, aid without regret, in the quality called "pluck," in the virtue of persistent, determined effort.

Make up your mind that whatever needs to be done in this world can be done, will be done, by somebody. If you lack the ability or the grit or the determination to do it, there is the determination to do it, there is probably some one not very far from you who can and will do it. You may not be able to find a way, but the little things of the probably some one not very far from aims and moves, leaves an impress on the face that is unsightly. It lends will make moral muscle in the doing no charm to the youthful face and of it, and a place for himself in the world by the force of his will. It you want to be anything or do any-observance should be reestablished observance should be reestablished.

The face that is unsignify. To left a should be face and soul correst and soul correst diligent souls avoid great ones.—

Avoid little faults as carefully as diligent souls avoid great ones.—

Father Scupoli.

persistently, take the necessary means, and you will get there.

KEEP IN GOOD HEALTH

When some one was congratu-lating Mrs. Carlyle on the work of her-famous husband, she said very truly, "But think, man, what he would have done if he had had a digestion!"
Not even a genius can do his great

est possible work when handicapped by ill health. Health is the first wealth. There

When the blood is pure through eating pure food, scientifically prepared, and through right living habits, we are in little danger from the health entemies that might otherwise eather he wise attack us.

How can you expect to win in the it to the lady, great game of life, in competition This latter with giants, if your vitality is low, or if your nerve cells are poisoned with alcohol or impared by any kind of dissipation, any vicious life habits?

The grand prizes of life depend upon entering the race every day in a superb condition, with every facula superb condition, with every faculty intact, with all your reserve power ready to back you in any emergency that may arise. You can't do this if you blood is vitiated, weakened by poor food and by dissipation.

Can't do this if you blood is vitiated, weakened by poor food and by dissipation.

The power of every success asset is multiplied by every bit of improvement or increase in physical health, because robust health means the inthe tensification and strengthening of all the mental faculties.

Well might Emerson exclaim,

means faith in one's self and faith in others. Health means vitality. shine with spiritual eagerness, or virility, forcefulness, masterfulness. It means a larger opportunity, greater possibilities. Health means efficiency, success, happiness. In him far. short, everything we live for is so It is dependent upon good health that it becomes a duty to keep curselves in

> Keeping physically fit to do the greatest thing we are capable of doing is the first success command.

It is not enough to be free from pain or distressing symptoms of any kind. The health that counts is the How often we hear people with disagreeable dispositions and unhappy temperaments say they would be about the sparkle to the state of th which sharpens the wits and puts lime in the backbone. It is the bubbling over quality which counts. This is what gives sprightliness to youth and joy to life, and this is the sort of health that we should all

> We are not superbly equipped for our life work unless we keep our-selves in this condition. It is the surplus in the bank, the reserve capital that counts in hard times, in financial straits. It is this little surplus that so often saves business men from failure. It is the health surplus, the reserve in the physical bank that protects us from physical bankruptcy it times of great mental

OUR BOYS AND GIRLS

DO SOMETHING

The trouble with so many of us is | Do something for somebody always

Do something for somebody gladly, 'Twill sweeten your every care; In sharing the sorrows of others, Your own are less hard to bear.

Do something for somebody, striving To help where the way seems long; And the homeless hearts that lan-

Cheer up with a little song.

Do something for somebody always, Whatever may be your creed— There's nothing on earth can help

So much as a kindly dead. OBEDIENCE

Obsdience is a word seldom used now a days. It has been left out of the marriage vows, as, indeed, it seemed wise to do and one hears it so seemed wise to do and one nears it so little that it hes an unfamiliar sound. Children do not obey their parents as they were expected to do a genera-tion ago and very generally the spirit of revolt against rules has spread from one field to another un-til no place is left where the word or its intentions can house. We would wish that our young ladies would bring the word to life. See that in your own lives obedience to your parents' wishes and to your own better selves form some part of your

day. To make others happy is one rule we should keep well to the fore.

thing, will it, will it firmly, will it for the well-being of our young

SIMPLE HONESTY

In a beautiful valley of the "Haut Valais" tourists often love to stroll from the great hotel to the quaint little villages around. One day an English lady lost a valuable gold brooch, and after searching for it in vain all through the village where she had walked about, the thought occurred to her to ask the priest's help. She told him to let his people know that whoever would find the trinket and restore it should have a so well as to keep in robust, vigorous health. It not only multiplies his power, but saves him many a dector's bill, by protecting him from the thousands of disease germs that would otherwise attack him.

When the blood is pure through they will succeed, but please, no re

ward! It would be an evil!"
Two days after the brooch was found by a little shepherd boy and brought to the priest, who returned

This latter contented herself by dropping an offering into St. Anthony's box which was in the little vil-lage church, but how in her heart of hearts she admired the simple hon esty of those plain, rough mountain-eers as she compared them with the

A small boy had a message to de-liver to an elderly captain of indus-

Afterward the man of affairs met

the boy's father.
"Your boy will succeed," he said sententiously, "because he is polite."
One of the best features of every

"Give me health and the day, and I shall make the pomp of emperors look ridiculous!"

The foundation of all success and of ordinary happiness lies in perfect health. Health means confidence; it means hope; it means course; it means faith in one's self and faith

But it teaches him the lesson that the Beasts of the Jungle taught Kipling's child hero, Mowgli—that a civil tongue in his head will carry It is such small trouble to use

these ceremonies that require but the flicker of an instant of time.

And if more flies are caught with honey than with vinegar, have we not often seen how politeness wins where

rudeness loses ? What is the use of rushing about the world knocking each other over in the hurly-burly of our eagerness to embrace an advantage, when the super health, the abundant life world resents such roughness and yields its prizes instead to those who are gracious and graceful?

Among the best of good manners is promptness.

Many persons have many of the weetest virtues of character and 'miss out' because they are too late. They come when the party is over and the fiddlers have gone home, and there is nothing left for them but

confusion and regret.

They attend a committee session long after it has assembled, figuring that everybody else will be late and so they might as well be dilatory too. They are amiable pests in society and business. They have to be ruled out when it comes to transactions that must be put through on time.

The American army abroad was an efficient army because it moved at the zero hour; it kept its appointments with the enemy and its "ren-dezvous with Death." Another superior point of good

talks too long or too miscellaneously. immediate intervention in answer to The world wants people in whom the world can repose its confidences -and you cannot tell anything to people who listen with half an ear

and half a mind. A great leader of men and of measures declared that this rule for success could be put in one word,

Concentration."

He shut out from his mind the extraneous thoughts: he shut himself in with the main idea whenever he was considering a project.

So his thoughts moved arrow-swift to the mark, not to be diverted. When he listened the business of listening engaged him; and when he spoke he did nothing but speak. He didn't talk over the heads before him to posterity; he talked directly and

flatly to those present.

A vastly successful shipbuilder and steel magnate knows the secret. When he is with you, he is with you only. He seems to be thinking of nothing and nobody else. You feel pleased and inwardly warmed, believed ing that your business must actually be of moment to this powerful personality. At once he has made a friend of you. When he wants you to do something you are likely to do it. His personality has a power that mere machinery can never attain.

Never will the human soul be put

out of business in human affairs. Things never yet created things. It takes people-real people- to stir people. Until the earth shrivels to a cinder and turns utterly cold—as long as our little speck in space is populated—personal influence will count, and in personal influence the deferential and considerate manners that are born of a genuine goodness of heart count primarily.-Catholic

GOITRE

WRITE FOR FREE BOOKLET-IT TELLS HOW

ent (Bottle Containing 93 Doses) \$5.00

THE MONK CHEMICAL CO., LIMITED (Dept. D.) 43 Scott St., Toronto, Canada

WHY ARE WE DIFFERENT

We hear it said very often that the faith of Catholics today is weaker than that of their forefathers. There some truth in this. Reception of the Sacraments was less frequent in the last generation than now. How is it then, that, on the whole, as man for man, it seems to many observers —and probably is true—that the faith is less strong. Those old folks seem to us to have stood very close to God. They had many faults; yet, in their faith, they were as little children; and we have God's own assurance that that is precisely the state in which one's chances are best of entering Heaven. Where does the difference come in? Something is lacking. Much has been gained; Yet something has been lost. We have less simplicity; less singleness of heart, is that not it? If the old folks had been in the habit of receiving the Blessed Eucharist as often as is now commonly done by Catholics, they would have become saints; yet, on the whole, it seems doubtful whether the proportion of saintly

whether the proportion of sainty people is now greater. To look at it in another way, where would the Catholics of this generation be it they went to the Sacraments only as often as was usual in the last generation? There is more worldliness amongst us, is there not? The old folks were single-minded and singlehearted. They were not always— perhaps not often—devotees, or very pious: yet what a clear conception they had of relative values? How clearly they distinguished the dross from the pure gold! It is not our principal, or most common fault today, that we have, consciously or unconsciously, too much conceit of ourselves, and too much regard for worldly things, and does not that weakness subtract something from the benefit that would otherwise be ours from the increased practice of devotion? The old folks felt the presence of God around and about them at all times. Catholics today are not as conscious of that Presence as they were, though one would think they would be more so. The conditions in which we live are more artificial; less trying physically, but more trying morally. The very rigor of living in the old days; the uncer-tainty of even food and shelter at times; tended to bring home to men's minds and hearts the littleness of human things; the shortness of life; the immensity of the divine the endlessness of eternity. can talk better about religion than the old folks could; but they

felt it more closely and more deeply than we do. Is it the influence of the world that causes the difference? Is it the unconsciously felt influence of the doubt which affects and afflicts the large bodies of non-Catholics with whom we are more intimately manners is to listen.

He has not learned to live aright who interrupts in the middle of a sentence—any more than he who interrupts in the middle of a sentence—any more than he who tolkid-like simplicity in the all providing Providence of God; in His tolkid to hybrid the hybrid tolkid tolkid simplicity in answer to associated in daily life than our fore personal prayer. So do the Catholics of today believe in those things; yet do they believe as heartily; do they hope as confidently; do they trust as unquestioningly? Many competent

now than it was years ago, how much religion would now exist amongst Catholics?

The Holy Fathers who promoted frequent Communion knew the changes that the world and society had undergone; knew the glamour of the world was increasing; knew the power of non-Catholic indifference and doubt on the Catholic attitude towards spiritual things. There can be no doubt that they

calculated upon all that when they bade the Catholic world get closer to God in the Blessed Eucharist.-The Casket.

Maintain a holy simplicity of mind, and do not smother yourself with a host of cares, wishes, and longings, under any pretext .- St. Francis de Sales.

Church Organ Blowers

Manufactured in Toronto

The Electric Blower is the best machine

L. E. MOREL 440 Spadina Ave. TORONTO, ONT.

We Offer \ Canadian Woollens. Limited

7% cumulative redeemable sinking fund, preferred shares.

This company owns and operates three of the most successful woollen and worsted mills in Canada.

Earnings of the three companies for the past $5\frac{1}{2}$ years over $2\frac{1}{2}$ times the dividend requirements on the preferred shares.

The board of directors are men well versed in this industry, and the management is in the hands of one of the most efficient textile manufacturers in Canada

We consider these securities an excellent investment and strongly For further information apply to

Ferguson & Ormsby INVESTMENT SECURITIES 159 BAY STREET

STAMMERING THE ARNOTT INSTITUTE

Dangerous Antiseptics and Germicides Are Unnecessary

unquestioningly? Many competent observers and thinkers say we do not.

"How I wish," we heard an experienced parish prices eay, as he came from the death-bed of a dying immigrant of the last generation, "How I wish that half my psople had the faith of that old man!"

Why is there a difference? That old man was not a frequent Communicant, as frequent Communicant, as frequent Communion is understood now. And if Communion were not more frequent now than it was years ago, how much religion would now and its antiseptic properties, one part.

part Absorbine, Jr., to 100 parts water, and its antiseptic properties, one part Absorbine, Jr., to 200 parts of water.

The antiseptic and germicidal properties have been repeatedly tested and proven in many prominent chemical laboratories. Detailed laboratory reports mailed upon request.

Absorbine, Jr., combines safety with efficiency. \$1.25 a bottle at most druggists or postpaid.

Send 10c. for liberal trial bottle.

W. F. YOUNG, INC.,
299 Lymans Bldg., Montreal, Car.



We Make a Specialty of Catholic Church Windows

OUR CHIEF WORK

is in acting as Executor under Wills and as Administrator of Estates. Ask for con Booklet: "The Will That Really Prevides," or consult us and we will gladly give full

We Pay 4%

onts, and allow withdrawals by cheque.

We Pay 5%

We Collect

Rents, attend to repairs and assume entire charge of properties in trust for the owners at ordinary agency fees.

We Act as Business Agent for persons who desire their investments at them through our Company.

We Rent

Capital Trust Corporation

Head Office: 10 Metcalfe Street, Ottawa Write us for free advice on any financial matter.

Your Home Needs Hot Water Heating

Old fashioned heating methods are expensive, masamilary, and masuhisfactory. Stoves and hot air furnaces are being abandoned. Real Estate men find it hard to sell houses that have not hot water heating because people will no longer put up with the inconvenience and inefficiency of old methods. If your house does not have Hot Water Heating, it will pay you in Health, Comfort and in Money to take out the old and put in the newer and better kind.



ING WATER BOILERS MPERIAL RADIATORS



The most improved ideas in generation and radiation of heat are combined in King Boilers and Imperial Radiators. If you are interested, let us send you our descriptive literature. We will be pleased to supply you with information as to size and cost, without obligation. Write us NOW.

STEEL AND RADIATION LIMITED



NO HOME COMPLETE WITHOUT

Matchless Ammonia

IT HAS NO EQUAL Refuse Inferior Substitutes

KEENLEYSIDE COMPANY LONDON, CANADA

The Capital

Assurance

HEAD OFFICE: OTTAWA

Canada

HUGH L. HUMPHREY 32 MAIN ST. E., HAMILTON SUPT. OF WESTERN ONTARIO



Make Good Money INTRODUCING **Good Catholic Pictures**

Into Good Catholic Homes



The Gold Medal Company, Catholic Picture Dept. C. R. 311 Jarvis Street, Toronto "22nd Year in this Busine

Peerless cooker

Will reduce your food bills by making your food more nourishing and easier digested—requiring less food. The Peerless Cooker will cook meat, fish, vegetables-bake bread, cakes or pudding, and do all at once.

Write for free becklet telling how. ONWARD MFG. CO., Kitchener, Ont. AGENTS WANTED—Splendid proposition for live age —easy sales—big money. Write for particulars.

