"Thou shalt love the Lord thy God with thy whole heart." (Matt. 22, 37)

The love of God and our neighbor is justly called the queen of all virtues. Our Saviour Himself praises it as the first and greatest commandment of our holy religion. But Jesus wishes us to understand that it is not a love in words, but one in deed, as He explains in the following text : "He that hath my commandments, and keepeth them he it is that loveth Me." (John 1421.) But why is this efficacious love so seldom found in Christians, that the life of the majority is rather a sad chain of promises and infidelity, of: Whom do I love? God to day and the devil to-morrow. Is this caused only by in constancy and human fraility Would to God it were so! But, alas the cause is generally to be found in that mad frivoity, which intention ally seeks the dangers of sin, which criminally plunges into the occasion of sin. They wish to love God, but not to avoid that which must necessarily separate them from His love They desire the life of the soul, to pre serve the precious treasure of sanctify ing grace, but do not wish to renounce that which will most certainly bring them the death of the soul, and how then could it be otherwise, than that Satan triumphs and in them is verified the warning word of holy scripture "He that loveth danger shall perish in it." (Eccli. 3, 27.)

There is, for instance, a person with whom you have contracted a frivolous courtship. As often as you ap proached her, your angel guardian wept, and so will you one day weep, when at the hour of death your sir will arise before you. For you, this person is a snare of Satan and the occasion of eternal damnation. Or there is a resort, a society, which as often as you enter, you drink to excess or defile your tongue with obscene language. This resort, this society is for you a net, wherein Satan the art fully trapper of soul, wishes to ensnare you. If you have no wish to avoid these nets, these fetters of Satan, that is to say, the occasions of sin, then cease pretending to love God, for it is a lying, detestable protestation. Satan is dearer to you than God, and he will most assuredly obtain possession of

If a child has once been burnt it shuns the fire and thinks: "I now know, how great is the pain of fire. If a person, by his imprudence, contracted a disease, he will certainly take care of himself, saying: "I paid dearly for my indiscretion, but it has taught me a lesson for the future. Should not you, O Christian, think and act thus, when there is a question of the greatest danger, that of being sep arated from God by mortal sin, of be coming a reprobate for all eternity

Perhaps you answer, it will indeed be different. If I seek that person, that house, that society, that compan ion, I shall certainly be on my guard I have taken a firm resolution. fool! if you only knew how Satan re joices over your resolutions. As the proverb says: "With bacon one catches mice." Behold the devil too has a trap and excellent bacon, to catch souls. And this trap, this bacon are the approximate occasions of sin Are you, poor sinner, holier than David, or the Apostle St. Peter? Are you wiser than Solomon, or stronger than Sampson? All these fell sadly when, trusting to their own strength. they shunned not the danger. And will you do likewise and yet remain

lous to you, be warned and flee.

therwise your perdition is inevitable.

But, say you, it is so difficult to part

from that person, to remain away from that soceity. True, dear Christian, it difficult, but there is something much more so, and that is, to burn forever in hell. Probably you suppose one can go to Heaven as it were half askep, without exertion? Do you Jesus excluded you when He 'The kingdom of Heaven sufferolence, and the violent bear it [27] (Matt. 11, 12.) Do you imagine the great gospel truth does not concern you: "If thy eye scandalize thee, pluck it out, if thy hand, thy foot scandalize thee, cut them off, for it is better, without eye, with one hand or one foot, to enter into life, than to be cast into that unquenchable fire." (Mark 9, 46.)

But you say, my companions will ridicule me, if I shun their society. To be ridiculed for this, ah, what a calamity! Which is worse, to be laughed at by your companions, or by the devil? In your last hour, when solitary and alone you must appear with all your sins before God's tribunal, will your companions assist you? Hence, let them laugh and mock, but do you save your soul and never for-get what the catechism of your holy religion teaches, viz.: that every one who will not shun the proximate occasion of mortal sin, confesses sacrilegi ously and that the absolution of the priest will only cause him to descend deeper into hell. Therefore give up that sinfu courtship, renounce that evil communication, never again place a foot in lewd company, cast all bad books and pictures into the fire, yes, flee, avoid the dangers, the occayes, flee, avoid the dangers, the occaons of sin, as you would pestilence and cholera, or venomous serpents. Be careful in your intercourse with others, watchful over your senses, be fervent in prayer and in receiving the Sacraments. Behold, this is to love God above all, and to secure in death that glorious, imperishable crown of victory. Amen.

### OUR BOYS AND GIRLS.

Dan's Friend.

Gentleman Dan, as his schoolfellows called him, because of his weakness for collars innocent of ink, and hands perceptibly washed, had no chum until Joe Clayton, in some playground dispute, made unflattering, though purely fanciful, allusion to Dan's moth

The result was a pitched battle, in which clothes and countenances suf fered considerably; and after which a Ragamuffin Dan walked away arm-inarm with his thenceforth inseparable comrade, their little bosoms swelling with the consciousness of a well fough

Fortunately for their schoolmaster's peace of mind, the boys' friendship be gan, only a few days before their school days ended.

Soon after they were entered as clerks, one in a city library, the other in a brewery near by.

Together they gained their experience of life, and Dan's innate purity of mind did much to restrain his less

fastidious friend from the coarser forms of pleasure. Together they discussed social and religious, literary and political ques

tions Their views differed widely, and they argued hotly; but when down-right rupture seemed imminent, Clay ton would say solemnly to himself, "Hold your tongue, Becket; hold your tongue," and the disagreement was forgotten in simultaneous laughter.

Becket was his second name, and Mrs. Clayton used to say he had this habit of self-admonition from childhood.

But whether the phrase had been used towards him, and had stuck in his memory, or whether he had evolved it from his inner consciousness, she did not know. When it was possible the two lads

arranged to have their annual leave together.
One July they hired a boat for a

week and went up the river.
Joe signalized himself the first morning by diving into about eighteen inches of water, deceived by the apparent depth, and removing portions of cuticle from his nose.

The next day proved so warm that, paddling up a backwater, they moored the boat, letting her swing under the overhanging branches, and stretched themselves lazily in the bottom.

The rippling waters seemed to deep-en and echo Dan's baritone as he sang If this be vanity, who'd be wise? Vanity let it be.

Clayton began to talk of the future, planning it, as if of necessity it included both their happy lives, and no others. Dreaming happily, they were uncon

scious that the boat had slipped her moorings and was drifting out midstream A little steam launch, careering round a bend in the river, whistled in

vain: in one instant of time her bow had struck the frail craft. That instant of time, however, suf ficed for Joe to fling himself across his friend, so that his chest covered Dan's

When they were dragged out of the water, a few moments later, Dan was unhurt, but Joe was dying. A medical man among the pleasure

party on board the launch did what ittle could be done.

Dan, his gray eyes fixed, his face teady, knelt beside his friend, both alike heedless of dripping clothes and

of the sympathetic onlookers. Twice Joe groaned, then checked himself sharply. "Hold your tongue, Becket; hold your tongue," he said faintly, and even then as his eyes met Ah, no, if your soul is dear and us to you, be warned and flee, still, looking up at the blue summer sky -hislips moving, butmaking no sound while the men standing round took of

their hats and the women sobbed. Presently, powerless to raise his hands, he looked again at Dan who made the sign of the cross, and said softly, but distinctly, "Greater love than this no man hath, that a man lay down his life for his friend."

Two words Joe uttered clearly, the name of the God Man who laid down His life for His friends, and the name of his Virgin Mother.

And then Joseph Becket Clayton learned the only thing worth knowing. -The Irish Rosary.

"S. P. C. M."

" Can you help me for a few minutes, Marion ? "I would like to, but I don't see how

I can. The tone was not impatient, but

hurried. "I have this essay to finish for the

society this evening, I must go to our French club in an hour, then to a guild meeting, and get back to the conversation at 5 o'clock." "No, you can't help me, dear. You look worn out yourself. Never mind.

If I tie up my head, perhaps I can finish this. "Through at last," said Marion, wearily giving a finishing touch to the "Developments of Religious Ideas Among the Greeks," at the same time

glancing quickly at the clock. Her attention was arrested by a strange sight. Her tired mother had fallen asleep over her sewing. That was not surprising, but the startled girl saw bending over her mother's pale face two angels, each looking

earnestly at the sleeper. "What made that weary look on this woman's face?" asked the stern, strange looking angel of the weaker, sadder one. "Has God given her no sadder one. danghters?"

"Yes," replied the other; "but they have no time to take care of their mother."

"No time !" cried the other. "What do they do with all the time I am let-ting them have?"

"Well," replied the Angel of Life,
"I keep their hands and hearts full. They are affectionate daughters, much admired for their good works; but they do not know they are letting the one they love most slip from their arms into yours. Those gray hairs come from overwork and anxiety to save extra money for the music and French lessons. Those pale cheeks faded while the girls were painting roses or pansies on velvet or satin.

The dark angel frowned. "The girls must be accomplished now," exclaimed the other. "Those eves grew dim sewing for the girls to give them time to study ancient history and modern languages; those wrinkles came because the girls had not time to share the cares and worries of every-day life; the sigh comes because the mother feels neglected and lonely while the girls are working for the women in India: that tired look comes from getting up so early while the poor, exhausted girls are trying to sleep back the late hours they gave to study or spent at the concert; those feet are so weary because of their ceaseless walk around the house all

"Surely the girls help, too?" "What they can. But their feet get weary enough going around beg-ging for the charity hospital and the Church and hunting up the poor and the sick.

"No wonder," said the Angel of Death, "so many mothers call me. This is indeed sad—loving, industrious girls giving their mothers to my care soon as selfish, wicked ones."
"Ah, the hours are so crowded!

said Life, wearily. "Girls who are cultured or take an active part in life have no time to take care of the mother who spent so much time in bringing them up. "Then I must place my seal upon her brow," said the Angel of Death,

bending over the sleeping womar.
"No! no!" cried Marion, springing from her seat; "I will take care of her if you will only let her stay."
"Daughter, you must have had a nightmare. Wake up, dear. I fear

you have missed your history class."
"Never mind, mamma; I'm not going to day. I am rested now and I will make these button holes while you curl up on the sofa and take a nap.
I'll send word to the guild professor that I must be excused to day, for I am going to see to supper myself and make some of those muffins you like. Now go to sleep, mamma dear, as I did, and don't worry about me. You are of more consequence than all the languages or classes in the world."

So after being snugly tucked in a warm afghan, with a tender kiss from her daughter, usually too busy for such demonstrations, Mrs. Henson fell into a sweet, restful sleep.
"I see we might have lost the best of

mothers in a mad rush to be educated and useful in this hurrying, restless day and generation." Marion solilo-quized, as she occasionally stole a glance at the sleeping mother. "After this what time she does not need I shall devote to outside work and study. she gets well restored I will take charge of the house and give up all societies but one. That I'll have by myself, if the other girls won't join—a Society or the Prevention of Cruelty to Mothers.

And Marion kept her word. A few months later one remarked to her : "We miss your bright essays so much, Miss Marion. You seem to have lost your ambition to be highly educated. You are letting your sisters get ahead of you, I fear. How young your mother looks to have grown daughters! I never saw her looking

Then Marion felt rewarded for being a member of what she calls the "S. P. C. M."-Christian Commonwealth.

## THE IRISH AND THEIR FAITH.

The following passages are from a speech of Dr. Cahill which was pro ounced at a public dinner in Glasgow, March 17, 1852. Although venerable in age, yet it is still young, and will bear many repetitions yet in years to come. In fact, Catholicity, if I may so speak, is almost natural to an Irish man. He is, as it were, a Christian before he is baptized; he inherits faith by a kind of freehold grace which St. Patrick has bequeathed to the most re-mote posterity of Ireland. You can efface every feeling from his heart but Catholicity; you can crush out every sentiment from his mind but the love of his altars : you may break him to pieces and crush him into dust, but like the diamond in fragments, the faith shines in him to the last. The faith shines in him to the last. smallest particle of the Irish naturethe poorest, the most abandoned of Ireland's sons, reveals the sparkling inheritance as well as the most noble and lordly possesor; in fact, the dark-ness of the night is more favorable for seeing the native light of the fragment than the golden hours of noonday sunshine, and thus the midnight of national trial is the best time to behold the effulgence of Ireland's creed and to test the essential splendor of her national faith

CHATS WITH YOUNG MEN

It is well for our young men (and the old ones, too, ) to remember that nothing great can be accomplished without great care and great perseverance. Every man who has achieved success won it through hard and thoughtful work and through self-denial, and many of them "stooped to conquer."
"Go thou and do likewise."

Lowering Taste and Intellect. The careless and thoughtless glanc ing over the daily newspapers and the indiscriminate reading of commonplace fiction — which forms the intellectual fare of the great majority of people— is responsible for much of the cheap wit and the inanities which are rattled off as a substitute for conversation. Read thoughtfully, rather than much and when you come across a pointed and clear cut sentence in prose or a line in poetry, stop to impress it upon the mind, memorize it. You will be surprised how rapidly your vocabulary will be enlarged in this way.

Steadiness of Purpose.

Go where we will, we find men who commenced life in the most favorable circumstances, but who are such complete financial wrecks that there is little hope of their reformation. They may be honest and temperate, they may even possesss the natural ability of a high order; but, lacking in stead iness of purpose, they have not suc ceeded. Had they had sufficient will force to stick to one thing, no matter how disagreeable it might have been at first, had they been content to ad vance slowly, they would have no reason now to talk of the "luck" of those who have pushed forward into the front ranks.

A Temperance Tip.

"Twenty five years ago I knew every man, woman and child in Peek-skill, N. Y. And it has been a study with me to mark boys who started in every grade of life with myself, to see what became of them. I was up last fall and began to count them over, and it was an instructive exhibit. Some of them became clerks, merchants, manufacturers, lawyers and doctors. It is remarkable that every one of these that drank is dead; not one living of my age. Barring a few who were taken by sickness, every one who proved a wreck and wrecked his family did it from rum and no other cause. Of those who were church go ing people, who were steady, who were rugal and thrifty, every single one of them without an exception owns the house in which he lives and has some thing laid by, the interest of which, with his house, would carry him through many a day. When a man becomes debased by gambling, rum or drink, all his finer feelings are crowded out, and the poor women at home suffer -suffer for those whom they love better than life."—Chauncey Depew.

## A Work of Duty.

Although it may be true that the pest service is that which we render oyfully with our hearts, and because we love our work and its object, yet there is a grandeur in the work of man who does what he dislikes, and what is abhorrent to his nature, from a stern conviction that it is his duty to

It is easy to work when we love our We bear days and nights of toil and privation with patience when we are doing what we wish to do. think of the fulfilment of our desire and with that end in view our hearts go out toward its accomplishment, and nothing is hard that helps us to bring it about.

Or if we are working for one w

love, the task may be hard and unpleasant, but we labor joyfully, happy that we are making the comfort of the

enter into our labor; when the work is uncongenial, and the object one with which we do not sympathize; when there is no love anywhere to soften the pain, and no interest to make the time pass quicker; when nothing upholds the spirit but the stern dema of the daily duty, and nothing eases the tired mind but the grin thought that one more day's work is overwhat then? Is such service as that worth nothing?

May God's pity rest on such a life Far harder than to face cannon, by which one's life may go out quickly, is it to live through such a living death, but when lived uncomplainingly and resignedly as the lot assigned by Divine Providence, it uplifts and ennobles. Even out of its grime comes beauty and out of its drudgery springs

Opportunity.

Opportunity is a favorable occasion, time, or place for doing a thing. The word is an invitation to seek safety and refreshment for the soul, an appeal to flee from danger by taking refuge in high thoughts and worthy deeds, from which flows increase of life and joy. Emerson calls America but another name for opportunity, because in America more than elsewhere it is possible for all men and women to im-The victory rests with America's Greatest Medicine, Hood's Sarsaparilla, when it enters the battle against impure blood.

Mr. Thomas Ballard, Syracuse, N. Y. writes: "I have been afflicted for nearly a year with that most to be dreaded disease Dyspepsia, and at times worn out with pain and want of sleep, and after trying almost everything recommended. I tried one box of Parmelee's Vegetable Pills. I am now nearly well, and believe they will cure me. I would not be without them for any money."

These two desirable qualifications, pleasant to the taste and at the same time effectual, are to be found in Mother Graves' Worm Exterminator. Children like it, prove not only their conditions but themselves. Life is good, and oppor-

and His universe still wait on each individual soul, offering opportunities. In the midst of the humble and inevitable reality of daily life each one must seek out for himself the way to the higher life. Our strength, our worth, our greatness, will be proportional to the industry and perseverance with which we make right use of the hundred little opportunities which are always occurring, whether for becoming good or for doing good. It is not opportunity that is lacking to any of us-there is a place and means for every man; but we lack the will, we lack faith, hope and desire: we lack watchfulness, meditation, and earnest striving.—Bishop Spalding.

Realizing our Ideals in Life. The great distance between man's present condition and his ideal is often a disturber of his confidence in the worth of making any effort. But there can be no wider difference between any real and any ideal in life than between the tiny acorn and the mighty oak, towering in the forest. familiarity of the transition from the one to the other may hide from us the beauty and tenderness of Nature, in her revealing of possibilities. The language of progress from one to the other has been but constant growth in perfect harmony with the aim of the acorn. Man's growth in any line to ward any ideal is precisely analogued in this; and as it is impossible to tell when the acorn ceases to be acorn and

ew real to be idealized and realized Man can not place before himself models too perfect for his copying. The child, in learning to write the most perfect engraved plates that the ingenuity of man can command. The closer it keeps to that copy the better will be its work, and, having the general lines we!l in mind, its individuality will assert itself to mod-modify its interpretation and imitation of the plate.

becomes oak, so it is impossible to say

when man realizes his ideal and pro-

jects that realized ideal before him as

Man can not place his ideals too high so long as the consciousness of the distance does not weaken his confidence. The mariner guides his ship by his compass, and his compass represents the harmony of obedience to the polar star, toward which it points The highest ideal of Christianity Christ, the founder and rock of the religion. Christ is the perfect, the ideal. Every suffering for the right that good may come makes man a minature Christ; every suffering for love of man and sorrow at his sin is a miniature Gethsemane, and every sur render of evil, standing bravely by what is true and just, no matter what the cost, is but a miniature crucifixion. No ideal can be too high, but man must make his efforts to attain that ideal proportionate to its greatness. Man must be satisfied to grow slowly -a little day by day, so long as he

grows surely.

And, as for the end, it matters not, walk steadily in the way of right; follow step by step in obedience, and the end is beyond your placing, your concern. Men like to have a guaranced relief to the control of the control o teed policy on living, with the end al clearly elaborated in advance; have little patience with this living They may pray for their daily bread, but they would greatly prefer to see it all stored for years to come. They like to have large visions of assured futurity; they want to know all their strength and powers at once, all made solid and certain, as Gibraltar is ever prepared for a seventeen years' siege

Can Heart Failure bs Prevented? Startling and brief the announcement Sudden Death Caused by Heart Failure. Such is the stereotyped announcement o coroners, juries, and reporters arousing the forebodings of those victims of indigestion. coroners, jutter, and reporters arousing the forebodings of those victims of indigestion and mal-nutrition, who so frequently disturb themselves upon the manifestation, in palpitation or fluttering, of functional disturbance of the heart; symptoms which they are foolishly prone to accept as the signs of an incurable, and speedily fatal, malady. Maltine with Coca Wine is potent in restoring conditions that no longer render possible such alarmingly disturbing symptoms. Maltine with Coca Wine, through its remedial influence upon the nervous system, soothes into calmness the disorganized nerves. The heart, in response to increased nerves. The heart, in response to increased nerve force, no longer plunges and beats as if determined to break. Maltine with Coca Wine has long been recognized as the most pleasant and efficient remedy for all those functional derangements that find manifestation in lassitude, sleeplessness, despondency and loss of appetite and digestive power. A nerve tonic, a bodybuilder, a nutrient and digestive agent of inestimable value. All druggists sell it.

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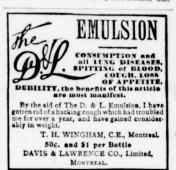
"For a number of years I was afflicted with acute rheumatism in my left side and all the way down my limb into my foot. I live five blocks from my work and had to stop and rest several times in going and coming. I could get no relief from my trouble and was on the point of giving up my job when I happened to hear of Hood's Sarsaparilla. I purchased a bottle of this medicine and a vial of Hood's Pills and began taking them. Before I had half finished them I was relieved and it was not long before I was completely cured. I never lose an opportunity to praise Hood's Sarsaparilla, for my cure meant a great deal to me, as I have a family and must always be at my post." WILLIAM HASKETT, yardman, Grand Trunk Railroad depot, Brantford, Ontario.

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