

CHATS WITH YOUNG MEN

How few people have leisure to do the things they would like to do! Most are always vainly struggling "to catch up." This is not right. Some spiritual writers have said there is always time enough for the things that we ought to do. That must be true. God would not require of us more than we could possibly accomplish.

The man who has learned the priceless habit of never slighting his work, of always doing to a finish whatever he undertakes, has a perpetual tonic. There is nothing else which gives the satisfaction which comes from a sense of completeness, of wholeness, from an absolutely completed task.—Success.

It does people good to work for a living. The strongest characters, the best morals, the greatest prosperity is found in regions where labor is required; where men have to earn his bread by the sweat of his brow. The less reliable are the people, the lower is the standard of morals and the less value is placed upon life.

How many boys and young men have failed, lost character and been discharged from positions where, with integrity, honesty and attention to their employer's interests, they might have succeeded in making for themselves a successful and honorable career? Temptations to speculation—to gamble, to bet on horse races and baseball games, etc.—and consequent deception and dishonesty are very seductive. It is like the habit of drinking—the only safety is in total abstinence. Stop the very beginnings. Let not the fingers and the conscience be defiled with the itching of a single penny; then you will be safe and stand a fair chance of success.

Self respect is another characteristic of an exemplary and honorable man. He is guided in his moral conduct by well-defined principles of rectitude, from which he never deviates and by an enlightened conscience, which he reverences as the voice of God. He seems to commit in secret any mean or dishonorable act that he would be afraid to do in public.

Life is not victory, but battle. Soon in the hushed chamber each will hear the sunset gun. In that hour, looking back, the only events worth remembering will be our moral victories. Then the completion of our life will hang on the walls of memory like the swords and shields of vanquished enemies. But here and now growth is through struggle and life means rattling musketry. As the hero of old hurled his helmet far into the ranks of the enemy and fought his way through until he regained it, so for us not to gain new heights is to confess defeat.

Vital Economy. Vital economy is a condition of increased vitality. We have been told of the tremendous waste of power that for countless ages occurred at Niagara Falls. Such waste is small compared with the enormous waste of human vitality that occurs every day in this country.

Our Boys and Girls. COAINA, THE ROSE OF THE ALGONQUINS. CHAPTER VI.—CONTINUED. THE IROQUOIS LODGE. Coaina saw how futile were her hopes of escape, and with a sharp human pang, she resigned herself to the bitter necessity of her situation.

Nothing shows the sympathetic character of the American people better than distress. Individuals and societies give of their time and funds to soften the hardships of their less fortunate brethren. An open purse is seldom denied the poor in an hour of pressing need.

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PUTTING BABY ASLEEP. If baby is restless or sleepless do not give it "soothing" medicines to make it sleep. These medicines always contain opiates, and you are merely drug-ing the little one into temporary insensibility.

FEET ALWAYS WARM. Our Magnetic Foot Batteries are a 1-1/2 lb. electrode. They neutralize the heat in the blood and set up a rapid circulation in the feet and legs.

O'KEEFE'S Liquid Extract of Malt. It is made from the best Canadian Barley Malt and English Hops; and is put up in 16 ounce bottles to retail at 25c per bottle.

learning to move with the smallest possible outlay of force.—Success. "If," remarked the Practical Man, "I were asked what is the best resolve to make, I should unhesitatingly reply, 'Be good to yourself.'"

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LENTEN THOUGHTS. BY Rr Rev. Thomas Conaty, D. D. Winter's icy mantle covers the earth and all nature about us seems in the sleep of death.

BY THE WAYSIDE. The author of "Golden Sands" tells of a zealous woman who was eager to do good to her fellow-creatures. One of her methods was novel and it contains a suggestion for other well-disposed persons who have God's honor and their neighbors' spiritual welfare at heart.

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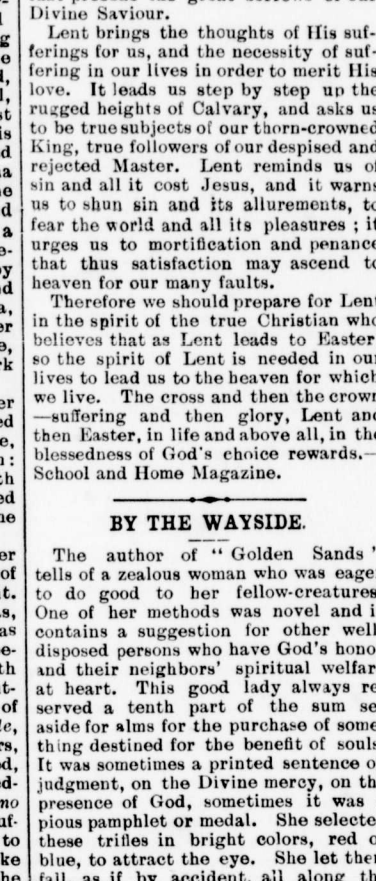
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