CHATS WITH YOUNG MEN. Character Building Through Thought.

J. Lincoln Brooks in Success.

In 'setting about the overcoming of fear, we must first understand what it is we fear. It is always something that has not yet happened; that is, it is non-existent. Trouble is an imaginary something that we think of, and which frightens us with its possibility. Suppose you are afraid of yellow fever; that is, you are afraid of the suffering caused by the disease, and especially of probable fatal termination. As long as you have not the fever, it does not exist for you. If you have it, it has not killed you yet, and it may not do so. The most that can actually exist for you at any one time is pain and physical weakness. A state of terror aggravates every disagreeable feature of the illness and makes a fatal issue almost certain. By resisting the pain and the J. Lincoln Brooks in Success. illness and makes a ratal issue almost certain. By resisting the pain and the weakness, using the will power and proper remedial agencies for the purely physical manifestations of the disease, you will probably recover. It is because it is so feared that it is so often

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fatal, and even its contagion seems to be governed very largely by the fear people have of it, in spite of germs and microscopic proofs of their part in the development of the disease. That is, the germs do not often affect a healthy, fearless person.

During a yellow fever epidemic at
New Orleans, in the days before all the
doctors had agreed that the disease is contagious, a young Northern teacher arrived at Natchez Mississippi, in a high fever. Dr. Samuel Cartwright was called. The next morning, according to Dr. William H. H.Jicomb, be arranged the colleges of the head.

and made them a speech something like This young lady has yellow fever "This young lady has yellow fever.
It is not contagious. None of you will take it from her; and, if you will follow my advice, you will save this town from a panic, and a panic is the hot bed of an epidemic. Say nothing about this case. Ignore it absolutely. Let the ladies of the house help nurse her, and take flowers and delicacies to her, and are altogether as if it were some and act altogether as if it were some everyday affair, unattended by danger. I will save her life, and perhaps, in the long run, those of many others."

summoned the officers of the hotel and all the regular boarders into the parlor

The advised course was agreed to by all but one woman, who proceeded to quarantine herself in the most remote room of the hotel. The young teacher got well, and no one in the house exept this terror-stricken woman became

k with yellow fever.
"By his great reputation and his strong magnetic power," says Dr. Hol comb, "Dr. Cartwright dissipated the fears of those around him, and prevented an epidemic. For this grand appreciation and successful application of a principal—the power of mind and thought over physical conditions, a power just dawning on the perception monument than any we have accorded

heroes and statesmen."

Most people are afraid to walk on a narrow place high above ground. If that same narrow space were marked on a broad walk, they could keep with in it perfectly, and never think of losing their balance. The only dangerous thing about walking in such a place is the fear of falling. Steady-headed ous thing about waiking in such a place is the fear of falling. Steady-headed people are simply fearless; they do not allow the thought of possible danger to overcome them, but keep their physical powers under perfect control. An according head only to conquer fear to acrobat has only to conquer fear to perform most of the feats that astound spectators. For some feats, special training and development of the muscles, or of the eye and judgment are necessary, but a cool, fearless head

is all that is necessary for most. The images that frighten a child into convulsions in a dark room do not exist for the parent. When the child is convinced that the ghosts and monsters are not real, the terror ceases. A city child who had never walked on grass showed terror when first placed

sters are not real, the terror ceases. A city child who had never walked on grass showed terror when first placed on yielding turf, and walked as gingerly as if it had been hot iron. There was nothing to be alraid of, but the child thought there was. When the belief of dancer was eradicated, the grown up fears if habit, racethought, and wrong early training did not set us in grooves that are hard to get out of. If we could but rise to the conviction that fear is only an image of the mind, and that it has no existence except in our consciousness, what a boon it would be to the human race!

Take a very common fear—that of losing one's position! The people who make their lives miserable worrying about this possible have not, they are suffering nothing, and there is no danger of want. The present situation is there fore satisfactory. If discharged. As long as they have not, they are suffering nothing, and there is no danger of want. The present situation is there fore satisfactory. If discharge comes, it is then too late to worry about its coming, and all previous worrying would have been pure waste, duling no good, but rather weakening one for the necessary struggle to get another situation. The thing to get another situation of interesting the service of the s

place will not be found. If a place is found, all the worrying will again be useless. Under no circumstances can the worrying be justified by the condition of affairs at any particular time.

In overcoming your various fears, follow each one out to the logical conclusion thus, and convince yourself that at the present moment the things you feer do not exist save in your imagination. Whether they ever come to pass in the future or not, your fear is a syou would quit eating or drinking you feit surepath. Quit worrying just as you would quit eating or drinking something you feit sure had caused you pain in the past.

Merely convincing yourself that what you fear is imaginary will not suffice until you have trained your mind to throw off suggestions of fear and to combat all thought that leads to it. This will require constant watchfulness and alert mental effort. When the thoughts of foreboding, or worry, begin to suggest themselves, not only do not indulge them, and let them grow big and black, but even change your thought, and think of all that tends in

the opposite direction. If the fear is of personal failure, instead of thinking how little and weak you are, how illprepared for the great task, and how sure you are to fail, think how strong and competent you are, how you have done similar tasks, and how you are going to utilize all your past experigoing to utilize an your pass experi-ence and rise to this present occasion, then do the task triumphantly, and be ready for a bigger one. It is such an attitude as this, whether consciously assumed or not, that carries men to higher places.

A man of honor! What a glorious title that is. Who would not rather have it than any that kings can bestow? It is worth all the gold and silver in the world. He who merits it, wears a jewel within his soul; and needs nor a non his become

"His word is as good as his bond."
And if there were no law in the land, one might deal just as safely with him.
To take unlair advantage is not in him To take untair advantage is not in him To quibble and guard his speech, so that he leads others to suppose that he means something that he does not mean, even while they can never prove that it is so, would be impossible to his frank nature. His speeches are never riddles. He looks you in the eye, and says straight out things he has to say, and he does unto others as he would they should do to him. He is a good they should do to him. He is a good son and a good brother. Whoever heard him disclose the faults or follies of his near kindred? And with his friends he proves himself sincere, cordial and generous. He does not fail when tried by the obligations that

when tried by the obligations that friendship imposes on him.

Honor, like reputation and character, displays itself in little acts. It is of slow growth. True honor is internal. False honor external. The one is founded on principles, the other on interests. Honor and virtue are not the same though true honor is not the same, though true honor is not the same, though that hadden always founded on virtue. When honor is not founded on virtue it becomes essentially selfish in design, and is unworthy of the name.—M. McG. in Catholic Columbian.

Pray and Wait. It is easy to pray for things, but hard to wait for them; and we often rush to the conclusion that because prayers are not answered in a moment they are not answered at all. A little thought would end this kind of skepticism and give us patience to wait on the Lord without repining or sinking of heart. Great blessings sometimes come sud-denly, but none before they have been prepared for by some kind of spiritual prepared for by some kind of appretual training; great orators sometimes suddenly come to light in apparently commonplace careers, but not unless there have been rich pessibilities hidden beneath the routine of daily work. No man, in any great crisis shows a gift to receip or action or herolem unless for speech or action or heroism unless the germs of those things were already in him. Great moments do not put great qualities in o the souls of ment they simply reveal what is already

OUR BOYS AND GIRLS.

Boys and Cigarettes.

Justice Willard Olmsted, of the Court of Special Sessions, first Judge of the Children's Court, New York, says "Cigarettes make weak boys ; weak boys make criminals."

"Cigareties make weak boys; weak boys make criminals."
Chief Probation Officer Graveur of the court, says: "Cigarettes make liars and thieves of boys;" and Justice Olmstead says Graveur probably knows as much about the evils of youthful smoking as any person in New York.
"Judge Olmsted, it has been sug gested that you know a good deal about cigarettes," said the reporter, who meant to add "and their effect on boys." but the Court interrupted in-

but the Court interrupted indignantly:
"I? Why, I never smoked a cigar-

ette in my life! And, what's more, if I live to be as old as Crime itself, I never will smoke one of them!" He admitted later that he had given considerable thought to the que

considerable thought to the relation of juverile smokers and the relation between smoking and delinquency.

"The tobacco works great physical harm," he said. "Injury to a boy's physique makes injury to his morals easier. I have had hundreds of toys before me whose yellow-stained fingers furnished good evidence of a contributing cause to their criminality. Of course, alliboys who do things they hou d not do are not cigarette flends or even smokers. Some of the eleverest young liars that have been before me have been model young men in that respect, but in most cases the parents are sure to say that eigarettes, if not the cause, are at least an important factor in their some erring.

sons' erring.

"Mr. Graveur has more intimate knowledge of such cases than I have, since he follows them into their homes

since he follows them into their homes for investigation."

The probation officer differed somewhat with the court. He believes cig arettes are responsible to a greater degree, than Judge Olmsted indicated, for crimes of the young.

"Not less than 90 per cent., perhaps are the force of the less than 90 per cent., perhaps are the force of the perhaps are the perha

"Not less than 90 per cent., perhaps moi., of juvenile delinquents among boys are cigarette smokers," he declared, "The nicotine seems to work on a boy's moral sense as well as on his physical system. More boys steal to get sigarette money. I believe than

optic nerve or whether the smoke strik- PIUS X. WILL BUILD A CHURCH

optic nerve or whether the smoke striking the eyes does the harm.
"I don't think the fact I have never
used cigarettes mvself prejudices me
against them, but I believe they should
not be used by persons who have not
attained full growth. We cannot refuse to accept the evidence of stunted
bodies and weak intellects as proving
the had results of smoking.

the bad results of smoking.

"By weakening his memory, cigarettes makes a boy a liar; by causing the craving for smoke, they make him a thief indirectly, and by weakening his morals, a thief, directly."—The Parish Morthly

Perkins' Boy.

They used to call him "Perkins'
Boy" down where he was born. He
lived on a farm out a little way and in
winter he went to school in town. He

Then he went to work, because his father had to struggle along to give the other nine children a chance, and there wasn't any surplus for a college training. He needed a part of the money that "Perkins' Boy" could earn, and "Perkins' Boy" was willing to earn it. He got a place in a village store and read books nights, and in the course of a little time he had a chance to sweep out a lawyor's office, learn mortzages.

out a lawyer's office, learn mortgages, register as a law student, and he did

He interested himself in everyday affairs, and was able to talk sanely and sensibly on current topics without get-ting mad, and one time they sent for him to make a Decoration Day address down at a little country picnic, and he acquitted himself so well that they said "Perkins' Boy" was a summat of a One day he went into court on

rather important case and won it, and he so impressed the jury that they de-clared "Perkins' Boy" would make his mark.
One time they needed a compromise

candidate for state attorney and some-body suggested "Perkins' Boy" and to the horror of those who feared intrust ing a boy with such important duties, he was nominated and elected. And they "vowed that 'Perkins Boy' was

certainly coming along."

He met with his u ual reverses, but He met with his u ual reverses, but one day he prosecuted an important criminal case, where the sympathies of the community were aroused in his favor because of the nature of the of fence charged, and he bandled the case os skillfully and tactfully, and addressed the jury with so much reason and so little bombast that they found the accused man guilty in five minutes.

""Parking" Boy" certainly did him "' Perkins' Boy' certainly did him self proud," they said.

He got along in years before he got out of the States' attorneyship and en tered a larger field of politics in the State, and one hot convention day he made an address that carried a closely fought battle, and somebody asked:

"Who's that speaker?"

And a gray bearded old delegate,
who had known him when he was going

who had known him when he was going to school, said:

"That's 'Perkins' Boy.'"

He had a few gray hairs by this time, and lots of sanity, patience and good nature, and when there was a matter of rather more than usual importance, the men of the town used to go down to his law office and talk it over with "Perkins' Boy.' His advice was generally sane and his instincts fair and just.

And one usy old Simon Kramer picked up a paper out on his farm and emitted a whoop of surprise which brought his wife in from the kitchen with her hands full of dough.

"What in the world is the matter, Simon?" she said.
"'That 'Perkins' Boy' has been nominated for Congress," declared Kramer, holding up the paper.
And "Perkins' Boy" was then near-

ly fifty.
Which shows how simply boys grow up rear at home.—True Voice.

Pontifical Mass in Prison.

The sacrament of confirmation was administered to sixty prisoners at the California penitentiary last week after Pontifical Mass by Bishop Grace, of Sacramento. More than a hundred received Holy Communion. It was a memorable event in the history of the prison. As the Bishop entered the prison gates he was met by the brass band of the institution and escorted to the chapel. Here he was presented The sacrament of confirmation was band of the institution and escored with a chapel. Here he was presented with a beautifully engrossed address of welcome from the prisoners. A choir composed of prisoners rendered Bordese's Mass.—Catholic Universe.

Keep thyself innocent, O my soul, that endowed with great delicacy, thou mayest feel thyself at all times penetrated with the presence of God.

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Toronto, October 23rd, 1907. JAMES MASON, Gen. Mgr.

Among Oriental countries Japan now offers a magnificent field for Catholic missionary zoal. The Japanese have not only buried their persecuting spirit sgainst Christianity, but both during their titanic struggle with Rus sia and since then there have been many indications to show that their old religious beliefs have lost hold on them, while there is a growing respect and admiration for the work and the lives of the Catholic missionaries in

the country.

Recently a Japanese dignitary who belongs to the Council of the Ancients, wishing to show his esteem for the Church which produces such mission aries, made a donation of a piece of ground of about five acres in the sub-urbs of Tekio " to Joseph Sarto, Pope winter he went to school in town. He did his share of fighting and wearing of old clothes cut down, and eventually was graduated, with a head full of knowledge and a face full of freekles. He wasn't the valedictorian of his class but he stood well up and had a lot of the control of the cont "Perkins' Boy is a likely lad," they aid.

Then he went to work, because his ather had to struggle along to give the donor, but resolved to hold the site in his own name and to build the Church and monastery out of his own money.

The new mission will be entrusted to an Italian community of some religious order yet to be selected. — Catholic

THE WORK SPEAKS FOR ITSELF.

The statement was made at the meeting of the directors of the Catholic Missionary Union last Tuesday that since the inception of the Mission Move ment as it is organized about the Apostolic Mission House \$345,000 has been paid out to missionaries who are actively at work giving missions to non Catholics in the southern dioceses. More over all these missionaries have been trained to this Apostolic work at the Mission House and the reports of their work are submitted annually to the directors. During the past year there has been given by these missionaries a total of 84 missions in which 896 sermons were preached to audiences number of 1996 presents. being in the aggregate 122,057 persons of whom about fifty per cent or 62,456 were non Catholics. There were 84 converts actually received into the Church and 108 left under instruction to be re ceived later by the parochial clergy. While these very notable figures go to show what the work of these missionaries bears immediate results still they do not indicate by any means the amount of good that is done. The best good perhaps is in the removal of prejudice. It would take a miracle almost equal to the one that happened to St. Paul to transform a Southerner who had been brought up to hate the Catholic Church into one who ready to live and die for her teachings during the few days of a Catholic mission. But what is done, and it is by



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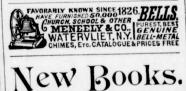
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no miracle either the crowds that come to listen to these missionaries are rid of the many bigoted notions that filled their minds and their hearts, are pre pared for reception into the Church.
By the next time the missionary comes
they have got to know the Catholic
Church as she is and then in all honesty submit to her authority. In this way during the last few years many thou-sands of converts have been received into the Church and mountains of pre judice have been removed.

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