

CHATS WITH YOUNG MEN.

Obedience to God is the yoke by submission to which we may reach rest. Obedience to God is the fitting of self to His sphere. Obedience to God is the step into that great harmony through which alone the sense of true restfulness comes to the soul of a man.

THE DANGERS IN MIDDLE LIFE.

Dr. Floyd M. Crandall in How to Keep Well—an explanation of modern methods of preventing disease—summarized in popular form what everyone should know in regard to modern medicine and surgery, bacteria, the management and control of infectious and contagious diseases, antitoxins, the regulations of daily life with a view to health and vigor.

Every man ought to understand, that when he has reached the age of forty-five he has entered upon a period of life in which certain accidents are common. They are not inevitable, and will be unwise to allow himself to become morbid upon the subject, and be worried by a dread of what may never come.

Certain retrograde changes begin about that time of life, and the fact should not be ignored. The time at which these changes begin varies greatly in different individuals and in different families. It depends upon the earlier life and the inheritance.

Many maintain a higher standard of life than is necessary. The delirious style of doing business is partly habit, and in some cases is done for effect. Men often keep themselves in a nervous state and do more rushing about than there is any necessity for.

So it is with us in the part we have to perform in the great drama of life. It may not seem important, but yet it is, and it must be played well, otherwise the whole harmony of our existence will become disarranged.

She never asks personal questions. She takes her gowns, her hats, her successes as a matter of course. She never apologizes for working for her living.

Don't be afraid of sunshine and fresh air and deep breathing. They offer you bloom and color. Don't bathe in hard water; soften it with a little borax or oatmeal.

Don't attempt to remove dust with cold water. Give the face a hot bath with soap and then rinse with tepid or cold water.

How to be Gracful. Grace in growing girls is never conscious posing nor lackadaisical drawing and drooping, nor exaggerated nervous intensity, any more than it is a stolid quietness or a rude violence of manner.

serious posing nor lackadaisical drawing and drooping, nor exaggerated nervous intensity, any more than it is a stolid quietness or a rude violence of manner. Grace is much simpler than any of these things, and in fact is often overlooked because it seems so natural and so readily absolutely what one would like to see.

OUR BOYS AND GIRLS.

A Legend. In Suffolk, England, robins are safe from boys who hunt birds' nests, it being considered unlucky to interfere in any way, with the bird that ministered to our Lord on the Cross.

A Saint's Reply. St. Aloysius was once taking his recreation with some companions, and in the course of the conversation, the question was asked what should be done if the hour of judgment had come.

Be Honest. If a boy is not honest he is bound to fail eventually. Be Earnest. Crown your smallest actions with the halo of earnestness. Be Confident. Confidence is the basis of a stable business.

Be Alert. Opportunity comes sometimes disguised and surrounded by hard work and adverse circumstances. Be Truthful. Truthfulness does not alone consist in telling the truth, but more often in doing it.

Rise Early. The morning hours are the best hours of each day. Study Causes. Those who succeed are not magicians, but you will probably find they have a capacity for hard work.

Schley Was Stupid as a Boy—So He Says.

Admiral Schley was the guest of the Jesuits' College, New Orleans, on a recent Saturday. He made a characteristic address to the students. Alluding to his school days in the Jesuit College at Frederick, Md., he said:

"I am sorry to say that as a boy I was very stupid. My love of study increased inversely as the square of the distance which separated me from my studies.

"But I remember to-day the sweet touch of the hand that came to me from some of those old Jesuit teachers, some of whom are still living. And if I have achieved anything that would distinguish me above others, it was entirely due to their counsel.

"Do not think when you leave these halls that your education has been in any sense completed. It has only begun. The methods taught here, the discipline availed of and the opportunity given here are only assistance which will hold you in the life that is before you.

Little Things. If we wish to succeed in any vocation, whatever it may be, we must give attention to details. Most persons think if they are particular in important matters they do their duty fully; but it is not so.

Things a Well-Bred Girl Never Does. She never asks personal questions. She takes her gowns, her hats, her successes as a matter of course. She never apologizes for working for her living.

Don't be afraid of sunshine and fresh air and deep breathing. They offer you bloom and color. Don't bathe in hard water; soften it with a little borax or oatmeal.

Don't attempt to remove dust with cold water. Give the face a hot bath with soap and then rinse with tepid or cold water.

How to be Gracful. Grace in growing girls is never conscious posing nor lackadaisical drawing and drooping, nor exaggerated nervous intensity, any more than it is a stolid quietness or a rude violence of manner.

serious posing nor lackadaisical drawing and drooping, nor exaggerated nervous intensity, any more than it is a stolid quietness or a rude violence of manner. Grace is much simpler than any of these things, and in fact is often overlooked because it seems so natural and so readily absolutely what one would like to see.

ILLOGICAL SCIENCE.

The modern school of Science has long been trying to put religion on the defensive by its ridiculous insistence on the old formula, *Ex nihilo fit*. That is to say, out of a void there is no conceivable power able to produce something.

Herbert Spencer endeavors to overthrow the belief in monotheism as a prevalent system among primitive tribes, by citing the evidence of travelers who spoke of savages they found who had no belief in any kind of supreme being.

At the beginning, when Dendid made all things, He created the Sun. He created man. Mr. Spencer does not give the ideas of the Dinkas; it is because one cannot easily see how the beneficent Creator of all things would be evolved out of ghost-population?

Even to the Beside of the Dying. Writing of the "feverish endeavor of French statesmen to expel religion from France," Mr. Arnold White, European correspondent of the Philadelphia Public Ledger, says:

Pope Leo's Literary Productions. Commenting on Leo's own literary productions, the Boston Transcript says: "What countless books and magazines contain stories and estimates of the Pope, his own book, a book of poems, makes his heart. Literature was the Pope's keen delight.

AUCTION SALE OF TIMBER BERTHS. PUBLIC NOTICE is hereby given that pursuant to authority of Orders in Council, the following Public Berths in the following townships, berths and areas, namely:

IN THE DISTRICT OF NIPESING—the Townships of HUTTON, CREELMAN, PARKIN, AYLMER, MACKLEAN, MCARTHUR, MERRICK, MURPHY, and RICHMOND.

IN THE DISTRICT OF ALGOMA—Berths Nos. 195 and 201, the Townships of KITCHENER and ROBERTS and Block W. near ORANOURG.

Some persons live their whole lives long without learning how to sanctify their daily actions by means of an intention formed every morning to perform their duties for God's sake.

After Communion. Those who after holy Communion, fall soon into mortal sin, I implore them to consider with what zeal the holy Fathers have inveighed against such relaxations.

SOMETHING THAT SHOULD BE RUBBED IN. When the pain is felt in the limbs or back, the hand and applying it to the surface by first application does not afford relief, which is usually the case, keep rubbing it until it gradually penetrates to the affected part and relief will come.

serious posing nor lackadaisical drawing and drooping, nor exaggerated nervous intensity, any more than it is a stolid quietness or a rude violence of manner. Grace is much simpler than any of these things, and in fact is often overlooked because it seems so natural and so readily absolutely what one would like to see.

SURPRISE SOAP.

Pure Hard Soap. The Standard Brews of Canada are the ale, porter and lager made by CARLING LONDON.

WAR ON THE CHURCH. Those who think that the Socialists are not making war on the Church are seriously mistaken. In the last issue of the Boston Herald we find the following quotation from the Avanti, of Rome, organ of the Socialists, upon the death of Leo XIII.: "We Socialists, without disdain, but with indifference, pass before this corpse and await the new enemy."

In the attempt to draw the specious difference between the terms "Catholic" and "Roman," the writer, who is a former priest, with all the convert's tendency to over-zeal, says that "Catholicism stands for love and mercy. Romanism stands for justice and freedom. Romanism stands for ignorance and crime. Therefore, no Catholic and no Socialist can be a Romanist."

Can the Catholic Church be a Socialist?—Church Progress. 1. The Private Interpretation of the Bible. 2. The Catholic Church the Only True Church of God. 3. Confession. 4. The Real Presence. 5. Answers to Popular Objections Against the Catholic Church.

Price 15c. or \$1.10 per doz., post paid. Special discount on lots of one hundred or more. CATHOLIC RECORD OFFICE London, Ont.

Father Damen's Lectures. The Leading Undertakers and Embalmers Open Night and Day Telephone—House 373 : Factory W. J. SMITH & SON 113 Dundas Street Open Day and Night Telephone 696

O'KEEFE'S Liquid Extract of Malt Is made by a Canadian House, from Canadian Barley Malt, for Canadians. It is the best Liquid Extract of Malt made, and Leading Doctors in Canada will tell you so.

Life of Our Lord WRITTEN FOR LITTLE ONES. BY MOTHER MARY SALOME, of Bar Convent, York. With frontispiece. Price \$1.25 post free. CATHOLIC RECORD OFFICE LONDON, ONT.

The London Mutual Fire INSURANCE CO. OF CANADA. ESTABLISHED 1858. HEAD OFFICE TORONTO, ONTARIO. FULL GOVERNMENT DEPOSIT.

The Royal City Painting and Decorating Co. of Guelph 82 UPPER WINDHAM ST. E. BRASS, E. W. COOPER, W. A. MAHONY. Pres. Manager. Treas. Export Painters, Paperhangers, Greeners, Hardwood Finishers, SIGN WRITING AND CHURCH DECORATING A SPECIALTY.