FEBRUARY 21, 1920

CHATS WITH YOUNG MEN.

THE POPULAR DISEASE An ache in the back and a pain in

the head -That's the grippe !

choke in the throat and a yearning for bad-That's the grippe !

A river of heat, then a shiver of

cold. A feeling of being three hundred years old.

A willingness even to do as you're

told-That's the grippe !

An arrow of pain, now in this place, now that

That's the grippe ! A feeling of doubt to where you are

That's the grippe !

A stupid sensation-of course, wholly

That's the grippe ! - why should

A foolish depression you feel blue? A doubt as to whether this really is

emotion.

philosophy, science and art.

That's the grippe !

Strange visions at night, that deprive you of rest-That's the grippe

A taste in your mouth and a weight on your chest-

That's the grippe ! A tired sensation that runs through

your veins, A queer combination of aches and of

pains, A vapid admission of absence of

brains-That's the grippe !

A marvelous weakness, come on in a

day-That's the grippe !

" How long will A petulant wonder : " it stay ?"-

That's the grippe ! season of fever, a season of freeze, A quivering weekness that's felt at

the kneesif ever there was a cuss ed Say.

That's the grippe !

ville Journal

BE AN OPTIMIST

Don't get discouraged because you have made a mistake. There has never been a human being who did not make some mistake. The beet not make some mistake. The best A noisy crowd came thronging, way we can do is to try not to make The hue of health and gladness the same mistake again. In this way our work will become more and more accurate and we will become more and more reliable.

Don't get discouraged because you are blamed for something you did not do. Explain the matter in a straight-forward manner if you can ; if you cannot do that, circumstances seeming to point to you as the guilty party, just wait. Time will clear up the whole matter and exonerate you from all guilt.

Don't get discouraged because you seem to be standing still in your business life while others are forging to the front. Do your duty faithfully and your opportunity will come, and when you least expect it.

Don't get discouraged because others seem to be making a brilliant of life while you are SUCCOSS only making moderate advancement. Meteors make a brilliant dash across the midnight sky, but they soon die out and are heard no more.

Don't get discouraged because you have lost your position through no fault of yours. Many a man has risen from such an experience to higher and better work than would have gained if he had held the

old place. Don't * get discouraged because

All of which, obiter dictum, is the year, and on those days she We are the slaves instead of being the masters of our work ; we have merely to quote a Boston contemporforgotten that work is a means not ary Bas Maud made up her mind to an end ; as the money for which we work is a means and not an end. stay in ?" Believing that work and riches are "No; s No; she's made up her face to go kind the ends of life we work with fever-ish hurry and our greed grows as our out.' Once upon a time a young woman with very rosy cheeks, walking down worth while and which will last for

ish hurry and our greed grows as our possessions increase. "God," easy Euripides, "hates busy bodies, and those who do too much." We are too busy, we do too much. And the temper our restless activity creates and makes us incapable of leisure, which is the end of work. The man is worth, not what bis heaven only." But the best anecdote in this con-ber griemn commands, by the skin nection is told of St. Francis de of our tseth ? How many of us

The man is worth, not what his work is worth, but what his leisure Sales. Being consulted by a lady on the propriety of rouging her cheeks, the Saint replied: "Some persons may object to it, and others may see no Sales. is worth. By his work he gains a livelihood, but his leisure is given Saint replied : "Some persons may object to it, and others may see no him that he may learn how to live, that he may acquire a taste for the harm in it; but since you ask my advice, I shall take a middle course, by allowing you to rouge only one beat" best things, may acquaint himself with what is truest and most beautiful in literature and art, in science and religion, may come to a knowledge of how he may find himself, not

Women are beautiful without the face rouge and power and lip stick. God never made ugliness. All women are beautiful if their lives chiefly in the narrow circles of his private interests, but in the wide God world of noble thought and generous wome are beautiful, if their souls are clean; and no amount of cosmetics can For every man who rises above the vulgar life is divided into two parts, give what sin has destroyed.—The the one to be devoted to means, the Echo. KINDNESS

other to ends. On the one side he places the things of practical concern I can look out over the earth -trade, business, and politics; on the other things which are ends in at any hour, and I see in spirit innumerable Angels threading the themselves-the upbuilding of his own being with the help of religion, crowds of men and hindering sin by all manner of artifices which shall not interfere with freedom of man's Whoever permits the occupations will. I see also invisible grace, made visible for the moment, flowing whereby he gains a livelihood to

absorb his whole thought and energy straight from God in and upon and around the souls of men, and sin is necessarily an incomplete man. He lacks openness of mind, breadth of view, the sense of baauty, and the giving way and yielding a place to it. this year-where will it be next But together with grace and the disinterested love of knowledge. His Angels there is a third band of diminperception of spiritual truth is dimmed, and he is made incapable of utive figures, with veils upon their heads which are flitting everywhere, the purest and most generous emomaking gloomy men cease to groan, To give him something of tions. To give him something of this, leisure, if rightly used, may lighting up hope in the eyes of the dying, sweetening the heart of the serve; and hence I say the man is worth what his leisure is worth. bitter, and adroitly turning men away from sin just when they are on -John Lancaster Spalding.

the point of committing it. They seem to have a strange power. Men listen to them who have been deaf to the pleading of Angels. They gain admittance into hearts, before OUR BOYS AND GIRLS the doors of which grace has lost its the doors of which grace has there is the same, with a the same time today, are the doors open than these veiled messengers, these cunning tomorrow. The wisdom of that The school was out, and down the ministers of God, have gone and returned with lightning like speed and

brought back grace with them. They are most versatile in their opera-One while they are the spies tions. of grace, another while sappers and miners, another while its light cavalry, another while they bear the brunt of the battle, and for more than five-thousand years they have hardly known the meaning of defeat. They are the acts of kindness which are daily enrolled in God's service from

the rising to the setting of the sup. -Father Faber. TOO MUCH DEVOTED

TO IT Lent is a time when the Church expects us to do with less pleasure than we usually enjoy. This is Lent was once hard to keep; but it unpleasant to most of us. We think is hard no longer. — Antigoniah

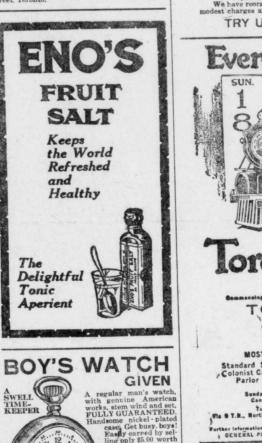
less of the loss of money or of goods Casket. Pleasure is worshipped in these times with a devotion that would

make us saints if we gave it to religion. We are not now referring to sinful pleasures ; there is no time lutely no excuse for coming late to in the year when sinful pleasures are church. People are not hurried or to be tolerated. We are referring to pleasures which do not involve mortal sin. To these the world is minutes after the services have devoted with an ardour which is begun, it is wholly because of an un-

Every Home In Canada Needs ever ; always kindly anxious lest we give too much of our hearts to the "FRUIT-A-TIVES" things that pass and perish. How far do we meet her half way To those suffering with Indigestion, Do we not scrape through, even in Torpid Liver, Constipation, Sick or Nervous Headaches, Neuralgia, Kidspend five minutes a year more than ncy Trouble, Rheumatism, Pain in the Back, Eczema and other skin affections, "Fruit-a-tives" gives prompt relief and assures a speedy recovery when the treatment is faithfully followed. "Fruit-a-tives" is the only medicine the hat when passing a Church made from Fruit-containing the medicinal principles of apples, oranges, figs and prunes, combined with valuable tonics and antiseptics. 50c a box, 6 for \$2.50, trial size, 25c. low of His Mighty hand. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont. Well, this is the season to think of such things. In Lent, the Church asks our attention in a special man ner, and says: "Here are the things which last; which will out-DANDYTYPEWRITER AND 5 OTHER PRIZES GIVEN last the world, and will live as long as God lives and that is for all eternity: There, are the things



year; the joys of youth-what will they matter when the hair is grey on ere's a the head? These things are not forbidden, says our kindly Mother; but beware how you let them occupy your heart; be not so foolish as to Holy let them detach your mind from the Size 11x 14 inches at each. You can sell very good Catholic 1 we trust you. b earn the Dandy the pictures poster There is an old saying-heard every day-"It will be all the same THE GOLD MEDAL CO. (22nd year in business) Street, Fronte in a hundred years." Aye, it will ; and in less. It will be all the same, with most of what we give our time



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A BOY'S PROMISE

Among them strode a little lad, Who listened to another, And mildly said, half grave, half sad, 'I can't; I promised mother."

shout went up, a ringing shout Of boisterous derision, But not one moment left in doubt

That manly, brave decision. Go where you please, do what you will.

He calmly told the other, But I shall keep my word, boys, still:

'I can't; I promised mother.'" Ah! who could doubt the future

course Of one who thus had spoken? Through manhood's struggle, gain

and loss, Could faith like this be broken ? God's blessing on that steadfast will,

Unyielding to another, That bears all jeers and laughter still. Because he promised mother.

-Selected LITTLE JIM

"I have a little story to tell you, boys," our old neighbor said to the young people the other evening. One day-a long, hot day it had Don't get discouraged because people laugh at you and ridicule you ned to town

THE CATHOLIC RECORD

that perish and go; the things that last a moment only; the things that

last a year or a few years; there they are; consider them; weigh

them; estimate their value; the pleasant sensation of today-where

will it be tomorrow, the comfort of

to, in ten years. And it will be all the same, with a thousand things

old saying is great; and little do

we realize the sound philosophy of it as we ripple it off our lips with a

Lawful relaxation of mind and

body our kind Mother, the Church, does not seek to stop. But she does

expect us to give up some of our pleasures in Lent for our spiritual

good, to God's honor and glory, and

as a means of preserving in our

minds the idea that these things do

not really matter and that there are other things that do matter.

Why are we unreasonable and

grudging about this ? We ought not

to be stingy with God. He Himself says: "My yoke is sweet and My

burden is light :" and yet we are so

ungrateful and so foolish as to want

These are matters on which we

ought to think a bit during Lent.

is hard no longer. - Antigonich

FIVE MINUTES BEFORE MASS

In most instances there is abso-

always prepared an excellent disposi-

tion for assisting at the sacred cere-

come off the crowded street some

times hurried, and often occupied

with worldly thoughts, and then to

kneel down with proper disposition

before the sacrifice of the Mass. The five minutes of preparation before

church begins" has, he thinks,

doubled the spiritual advantages to

him of the hour that ensues .- Val-

That our offices of kindness and

charity may have all their sweetness,

beauty and consolation, they must proceed with direct simplicity from

Every one of us casts a shadow

the love of God in the heart.

erian in Brooklyn Tablet.

to make it lighter yet.

real concerns of life.

SEVEN

THE WONDERFUL makes it so easy that no reasonable person could ask greater leniency. The Church is always reasonable always just; always kind. She is a FRUIT MEDICINE kind mother, who is always, with kind and motherly solicitation, seek ing to draw us to the things that are

when you are trying to do right. Every successful man has had the same experience; in fact, it seems to be one of the prices we have to pay for success.

Don't get discouraged about any. thing when you are trying to do your best. Everything will come out all right, and you will laugh tomorrow over the cares and worries of today. -Pittsburg Catholic.

what a man's value is we ask what himself. He was a gentle, patient, is his performance. The deed is the proof of faith, the test of character, and the standard of worth. To do done, is to have seen. True work fixes attention, develops ability, and package.

enriches life; it strengthens the patience and endurance. It is what we do and suffer to overcome nature's indifference and hostility to man's to do service.

True work, then, is furtherance of life, and it cannot be rightly under-stood unless it be looked at in this I saw a crowd of the farm hands at stood unless it be looked at in this I saw a crowd of the farm hands at not ask us to give up innocent light. To know the worth of work the door. One of them came to me, amusements; but she does ask us to we must consider first of all what the tears rolling down his face. is its effect upon the worker. If it "'Your father,' he said, 'fell dead warps, cripples and degrades him just as he reached the house. The it is not true work, though he should great reputation. That work is best gorry for love or kindness shown to devotion to worldly amusemente which helps to make men and women wise and virtuous; and that which breeds vice is worst, is life better than idleness, which is evil because ness which we have shown to loved in religious and spiritual things. it breeds vice.

The political and social conditions which are most favorable to work that elevates and enriches and purifies human life approach nearest to the ideal; the political and social conditions which involve the physical deterioration and mental and moral degradation of multitudes are barbarous and unless they are improved must lead to the ruin of the State.

'I wish you would take this package to the village for me, Jim,' he said, hesitating. "Now I was a boy of twelve. not

"Now I was a boy of twelve, not going to Mass, from visiting God in church? Why do they display so fond of work, and just out of the the Blessed Sacrament, from giving much precaution lest they be too hay field, where I had been at work alms to the poor, from comforting early? They are not gingerly about nay-field, where I had been at work aims to the poor, from confisting early? They are not gingerly about since dayb eak. I was tired, dusty, the sick; but obstacles that come up coming come minutes "before the in the way of a desired amusement, town. I wanted to get my supper seem only to increase our determina. They waste ten times the time thus it. A cold or storm. and dress for singing class. My first tion to have it. A cold or stormy "lost" otherwise during the day. impulse was to refuse, and to do it night is a first class reason for not But is the time that a Christian

old man; but something stopped me dance. The theatre may be no ion that five minutes' reflection and -one of God's good angels. I think. farther from the house than the self-communion before the priest old man ; but something stopped me and the standard of worth. To do nothing is to be nobody, and to have said, heartily, giving my soythe to be full while the Church is empty. one of the men. He gave me the That is one of our little ways of fcol-

"'Thank you, Jim,' he said. 'I was euriches life; it strengthenes the full ky00, 511, he said. I was the will, and inures to going myself, but somehow I don't it is a skating party that ap-patience and endurance. It is what feel very strong today.' feel very strong today.' "He walked with me to the road

that turned off to the town, and as well-being and progress; it is the he left he put his hand on my arm, means where by what is not our saying again: 'Thank you, my son. selves is taken hold of and made You have always been a good boy to me, Jim.' "I hurried into town and back

last words he spoke were of you.' No human being ever yet was others; but there is no pang of remorse so keen as the bitterness with does grow, and it chokes and checks which we remember neglect or cold-

ones who are dead. FEMININE VANITY

rouge and powder in order to be beautiful, at least it is honorable in them to make no pretence of con-commands it only once a year. cealing the artificial make up. They

trolleys and even in church.

Interesses. * time in the house of God. Else, why The simplest, smallest obstacle is the studious care which people take enough to keep us from doing a of leaving the house only with suffi-religious act, from prayer, from cient margin of time to reach the

THE VALUE OF LEISURE TIME Life is energy; we feel ourselves only in doing, and when we inquire work. If I did refuse he would go work i fully in the work of the service really "lost?" The expected answer is : By no means. A sterltance or weather when invited to a ing Catholic has expressed the opin comes to the altar is productive of the best spiritual results. A practice of reaching the church five minutes ing ourselves. A headache gets before the services have begun and worse as Mass time approaches ; but of spending the time in strictly relig-

ious reflection powerfully assisted by the association of the place - has ache gets better at once. There may be no vice in all this ;

but once a year the Church, in a mony that ensues. This Catholic special manner, and with special feels that it is a difficult thing to special manner, and with special emphasis, commands us to pause and think and to try to get into our heads the real values and impor-tance of things. The Church does take thought once in a while that there are more serious things in life

than "a good time," and to reflect on those things, and to give our minds to them, and to check our growing For devotion to worldly amusements

the growth of piety ; retards progress The precepts of the Church are

perfect in their reasonableness. The FEMININE VANITY If young women think they must their will. Whilst she urges fre-There hangs about us a sort of pent quent reception of the Sacraments

umbra-a strange indefinable some thing-which we call personal influ ence, which has its effect on every commands it only once a year. Whilst she advises self denial of lawother life on which it falls. It goes have no hesitancy in opening and ful things for the good of our souls with us wherever we go. How cate and the glory of God, she commands ful should we be always, lest it do it only on a small number of days in harm rather than good.

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