#### CHATS WITH YOUNG MEN

DON'T-YOU-WORRY TOWN

"There's a town called Don't-You-Worry,
On the banks of the River Smile;
Where the Cheer-Up and Be-Happy
Blossom sweetly all the while.
Where the Never-Grumble flower Blooms beside the fragrant Try, And the Ne'er - Give - Up and

Patience, Point their faces to the sky. In the valley of Contentment, In the province of I-Will, You will find this lovely City At the foot of No-Fret hill, There are thoroughfares delightful In this year charming town In this very charming town,
And on every hand are shade trees
Named the Very-Seldom-Frown. Rustic benches quite enticing You'll find scattered here and

there; And to each a vine clinging the Frequent - Earnest Prayer.

Everybody there is happy, And is singing all the while, In the Town of Don't-You-Worry, On the banks of the River Smile.

OPTIMISM AND SUCCESS Optimism is the kernel of the nat, not the shell.
It's the fine traits of your friend,

not his faults.

It is the flowers on the hillside, not the dead leaves under the snow.

It is the opportunity in your job, not the grind.
You choose the kind of world you will live in—and you paint its hue golden or drab, as you will.
Optimism in a word is the eye of

the soul. It is the color of your vision that makes you see the fine beyond the coarse, the best beyond the

The only Pessimism that may be justifiable is dissatisfaction with your own inefficency. So long as your have faith in yourself, the facts around you will justify that

If you have done your best-for a day, or a week, or a lifetime—you have a right to feel your best—for

you are at your best.

The job well done should be the measure of your hope for the future the true mirror in which you see the world no less than yourself. For in doing good work you are creating your own life. — The

THE DEBT WHICH A BOY OWES TO HIS PARENTS

So you are twenty-one. And you stand up clear-eyed, clear-minded, to look all the world squarely in the face. You are a

Did you ever stop to think, son, how much it cost to make a man

out of you?
You have cost your father a considerable amount of money, many hard knocks, and there are as a consequence some gray streaks in his hair. And your mother—oh, boy you will never know. You have cost her days and nights of anxiety, and wrinkles in her face, and heartaches and sacrifices.

It has been expensive to grow you, but—

If you are worth what we think

Ah, I know the intercedin'
That will reach God's throne for

ever; and for the little mother she simply cannot keep her love and pride for you out of her eyes.

You are a man now. And some time you must step into your father's shoes. He wouldn't like you to call him old, but just the same he isn't so young as he used to be. You see, young man, he has been working pretty hard for more than twenty years to help you up, and already your mother is beginning to lean on you.

Doesn't that sober you. Twenty-Your father has done pretty well, but you can do better. You may not think so, but he does. He has given you a better chance than he

you. Don't flinch, boy.

The world will try you out. It will put to test every fibre. Once the load is fairly on your shoulders, you will carry it and scarcely feel it—if only there be the willing and cheerful mind. All hail to you on

the threshold. It is high time you are beginning to pay the freight and your back debts to your father and mother. You will pay them up, won't you,

boy?
How shall you pay them?
By always being a man.—Γhe DOES CATHOLICITY PRODUCE

REAL MEN? Nothing appeals so forcibly to the modern mind as success. Success sanctions everything. The success man commands universal respect. His every utterance is listened to with the utmost attention and treasured as a precious bit of genuine wisdom. Greatness and

tically synonymous in the modern vocabulary.

Measured by these standards brave warrior.

external, visible success are prac-

his country, saved his people from bloody strife and restored to the nation a measure of prosperity. He has, moreover, found imitators

On the occasion of a recent inter-

view, the Premier of Italy has gone out of his way to pay a compliment to the Catholic religion. He is quoted as having said that Catholic religion. cism virilizes a people. This from the man, who in our days is the most consistent exponent of virile methods, comes with a degree of authority. If anybody has the right to pronounce authentically on virility, it is the man who has

virility, it is the man who has broken the backbone of a revolution and who has by the power of his personality steadied a tottering throne. The compliment coming from such a source is not without meaning.

But aside from any external authority, there are intrinsic reasons that bear out the contention that Catholic training makes for true manliness and that it produces a moral texture of the strongest fibre. The insistence on self-denial and continual discipline forges moral stamina of steel-like temper. The emphasis on never flagging vigilance trains the Catholic to alertness. The continuous call to heroic effort crates vast resources of moral energy that are available when an emergency should arise. The Catholic element is, therefore, a valuable national asset that stands the country in good stead both in war and in peace.

#### OUR BOYS AND GIRLS

-Catholic Standard and Times.

GOING TO BE A NUN (AN IRISH MOTHER'S FAREWELL TO HER DAUGHTER)

Child o' mine, you're bent on goin' An' my thoughts are sweet an' sad; Never heed if tears be flowin'-No! the heart o' me is glad! Sure, I feel it when I ponder An' the tears come for a while, But I know that 'way up yonder, Angels look on you, an' smile, Child o' mine, child o' mine. Up there is the Blessed Mother With her Child, the Son of God-Sure, we're partin' from each other Just to tread the path they trod, Child o' mine.

Oh the face o' you so tender, An' the shinin' eyes an' hair, All o' you, so fine an' slender, Will find sheltered harbor there. Where the gales o' life break faintly

On the big grey convent wall, An' the nuns, calm-browed an' saintly, Heed, like you, God's whispered

call, Child o' mine, child o' mine. Sure, He wants you to be makin' Just the vows His Mother made, the heart might know sad achin'

If His call was not obeyed, Child o' mine.

Think o' me when you are prayin'-Child, the moments will be few That the wind will not be strayin' From the work at home to you.

If you are worth what we think you are, you are well worth what it cost—and much, much more.

Be sure of this: While father does not say much but. Hello, son, '' Child o' mine, Child o' You'll be far from me, but gettin'

Nearer Him, the Virgin bore,

Child o' mine. -P. J. O'CONNOR-DUFFY

A SERIES OF DONT'S Don't slight a boy because his home is plain and unpretending. Abraham Lincoln's home was a log-

Don't slight a boy because of the ignorance of his parents. speare, the world's poet, was the son of a man who was unable to write

Don't slight a boy because he chose a humble trade. The author of "Pilgrim's Progress" was a

dullness in his lessons. Hogarth, the celebrated painter and engraver, was a stupid boy at his Don't slight any one. Not alone

because some day they may far outstrip you in the race of life, but because it is neither right, nor kind, nor polite.-The Universe.

### STANDING GUARD

stationed at Orleans, in France, the

"What are you doing here, my good man?" he asked the soldier,

boil! There are sentries for every-body: the President of the Republic has four; the General two; the Colonel one. Surely the good God is more than they—and not one sentinel for Him! And so when He has, moreover, found imitators in other countries. An utterance is more than they—and not one from his lips, consequently, ought sentinel for Him! And so when to carry considerable weight with I'm off duty. I come to mount our contemporaries.

post more agreeable."

It is a beautiful idea for our visits to the Most Blessed Sacrament.—Sentinel of the Blessed Sacrament.

NICE MANNERS

"Can you write a good hand?" asked a merchant of a boy who had applied for a position.
"Yaas," was the answer.

"Are you good at figures?"-"That will do; I do not want

"That will do; I do not want you," said the employer curtly.
"Why don't you give the lad a chance?" remonstrated a friend, when the applicant for a position had left the store. "I know him to be an honest, industrious boy."
"Because," replied the merchant decisively, "he hasn't learned to say 'yes, sir' and 'no, sir.' If he answers me as he did when applying for a situation, how will he answer customers after being he answer customers after being here a month?"

There are thousands of young men today who, like this youth, are handicapping their efficiency and queering their chances of success by

their rude manners.
Perhaps nothing besides honesty contributes so much to a young man's success in life as a courteous manner. Other things being equal, of two persons applying for a position, the one with the best manners gets it. First impressions are everything. A rude, coarse manner creates an instantaneous prejudice, closes hearts and horse deeps against closes hearts and bars doors against us. The language of the face and the manner are the short hand of ful lawyers, clergymen, merchants, tradesmen and men of every class and walk in life.—The Tablet.

#### HOW TO FACE THE NEW YEAR

In many respects Christianity has and vitality. In many respects Christianity has transformed man's outlook upon life and given to his whole way of thinking an entirely new orientation. This is nowhere more strikingly evident than in his completely changed attitude towards time. Before the advent of Christianity man lived under the oppressive in gare with us. It is our privilege man lived under the oppressive spell of the dead past: since its glorious entry into the world he lives under the liberating spell of the living future. As a result of this fact, the chief characteristic of the Christian is undaunted resoluwas sad resignation. The Christian is determined to remake this world and to mold it into a thing of transcending beauty; the pagan was satisfied to leave it as it was for he had no vision of a better world and no entrancing ideals to be the most specified and no entrancing ideals to be the most specified and no entrancing ideals to be the most specified and no entrancing ideals to be specified and the future should be ugity and black also. If we will, we can shape the future after nobler and finer and f

stagnation. The goldenage, according to the non-Christian interpretation of human history, lay in the dim past which could not be brought back, but from which the world drifted farther away. Consequentand blacker. More and more the golden age became a blurred memory from which no inspiration could be drawn. Gradually a cold fatalism and benumbing resignation crept into the pagan soul and stifled its energy. The pagan did not look with buoyant confidence into the future, since it held nothhad. In many ways you can begin where he left off. He expects a good deal from you, and that is why he has tried to make a man of you. Don't slight a boy because of why because of the did not dream the sweet dream of unfailing progress towards a better world and pobler had. The vision of the future chilled his heart and froze his soul; for it was only a darkness waxing even blacker and more threatening. With the Christian it is different.

For him the golden age lies in the word fitly spoken is like future. He is not drifting away gold in pictures of silver. from it, but steadily coming nearer to it. The golden age for him is During the sojourn of a regiment of men. Thus he has invented the tationed at Orleans, in France, the wonderful idea of progress, which Talk happiness: talk faith stationed at Orleans, in France, the Curé of the Cathedral noticed with surprise a soldier, who came day after day to the church. From one o'clock to three, he would remain standing, immovable as a marble column, before the altar where the Blessed Sacrament was exposed. The priest was both puzzled and curious, but he did not like to interfere.

Wonderful idea of progress, which is distinctly Christian and entirely foreign to the paga mind. The evils of the past are things from which he is trying to get away and which he is conquering apace. Stoical resignation, therefore, does not enter into the mental make-up of the Christian. He is vibrant with energy and quivering to the word of bitterness, contempt or ruined by want of power to suppression to the pagan mind. The evils of the past are things from which he is trying to get away and which he is conquering apace. Stoical resignation, therefore, does not enter into the mental make-up of the Christian. He is vibrant with energy and quivering with energy and quivering the pagan mind. The evils of the past are things from which he is trying to get away and which he is conquering apace. Stoical resignation, therefore, does not enter into the mental make-up of the Christian. He is vibrant with energy and quivering with a paginess. Talk faith, talk of health. "Say you are well, of fere.

One day, however, the captain of the regiment, entering the church, received from the soldier a military salute.

The captain of the golden age. To him this anger, even under what might be blessed kingdom is no mere phantom; he knows that it is even the captain of the word of bitterness, contempt or the golden age. To him this anger, even under what might be called "reasonable provocation."

And then in regard to the absent salute.

"What are you doing here, my good man?" he asked the soldier, whom he knew to be a faithful and brave warrior.

"Why, Captain, I am on guard before the King! I keep sentry.



Such a fundamental change of the manner are the short-hand of the mind, easily and quickly read.

Thousands of professional men without any marked ability have succeeded in making fortunes by means of a courteous manner.

Thousands of professional men on the whole of life. It makes all the difference in the world whether we are looking backward or forward. The future summons us to action: it urges us onward; it means of a courteous manner.
Many a physician owes his reputaaction; it urges us onward; it
inspires us to new enterprises, and calls us to new achievements. But if we fix our gaze on the past, we remember his kindness, gentleness, consideration, and above all, his politeness. This has been the experience of hundreds of successparalyzes; the contemplation of the future quickens and energizes. That is the reason why Christian civilization overflows with activity and why non-Christian civilization tends toward stability and rigidity and finally ends in death. There is always something exuberant about Christianity; it is instinct with will

MADE IN CANADA

the Christian is undaunted resolu-tion; whereas that of the pagan the future should be ugly and black world and no entrancing ideals to brings us nearer to the goal and guide his efforts. Pagan thinking was focused upon the past and, as an inevitable consequence, the pagan world ended in mighty acts of God that tend towards some glorious consummation.

Herein lies the inspiration of the Christian and the secret of his eterdrifted farther away. Consequently, the relentless march of time made things worse and the world darker. As the morning of time faded, the shadows grew heavier faded, the shadows grew heavier ing. It may not burst upon us with ing. It may not burst upon us with all, its dazzling splendor in this year; but still this year is bound to bring it a little nearer. God is building His kingdom in the midst of us and He expects us to co-operate with Him in His work. many hands are busy and many hearts enthusiastic, we will see it grow as the years come and go .-Catholic Standard and Times.

#### ON CONTROLLING OUR TONGUES

In the book of Proverbs there are observations about avoiding quarrels, and Solomon says: "A word fitly spoken is like apples of Be discreet in words. Don't dwell upon bygone troubles. Don't

the kingdom of Christ, which may talk of ill health or sickness. Nothbe achieved by the concerted efforts ing is worse unless it is the actual Talk happiness: talk faith, talk f health. "Say you are well, or

Measured by these standards Mussolini must be regarded as a great man; of his success there cannot be the slightest doubt. He has quelled disorder and anarchy in the stand it; it made my blood to stand it; it made my blood to cent ideal. Time, on the contrary, friend. And in regard to your was the enemy of the pagan, for it took him farther away from the golden age of which he vainly about women is that their talk is largely gossip? And of what does

this gossip consist? The scandal. Unkind words persons whom they might greet with the warmest profession of friendship if they were to come in a moment after the gossip ended.

Do not malign your absent friends. What is friendship worth friends. What is friendship worth if the moment the person is out of sight the tongue that has professed affection becomes a poison fang, and the lips that gave the kiss utter words of ridicule? Refuse to let your ear become the graveyard of another's reputation. There are times when keeping still is wisdom; it is love; it is Christianity. Learn to control your tongue.—Exchange.

#### MOTHERS OF PRIESTS

In reviewing an interesting study on "The Mothers of Saints," by a French author, one of our Catholic editors brought out these points that ought not, we think, be lost on the mothers who are moulding the hearts and souls of their growing children. It is the hearts of their mothers that have moulded exist. "The Mothers of Saints," mothers that have moulded saints. Take, for instance, St. Louis. When he was in Egypt he learned of the death of his mother, and his grief broke forth in the tender, passionate cry: "I thank Thee, O Lord, for the good mother I loved so well. It has pleased Thee to take her from me. Thy holy will be done." We all know of the mother of St. Augustine how she prayed and stormed heaven for her son's conversion, and how tenderly St. Augustine loved her is seen in his writings. There is St. Francis de Sales, who loved his mother with deep tenderness, and who has said more than once in his writings that it was she, after God, who had made

him what he was.

In his treatise on the priesthood,
St. John Chrysostom has immortalized his mother. Left a widow at an early age, she refused remar-riage in order to educate and inspire her son with the desire of being a priest, to which, she had conse crated him while yet unborn. And what a priest in his success! What an athlete of the faith! And what a noble mother! . . . It is for those deep and intrepid women, mothers of strong faith, to fill the hearts of their sons with their own deep love of God, with enthusiasm for souls, and to make the sacrific with a strong heart. Why should not these mothers do their best to merit for their sons a priestly vocation, remembering by so doing they will assuredly bring down on them selves the choicest blessings of God and deepen their son's love for them? Her other children may forget her after 'death, not so he

son, who is a priest.—Exchange.

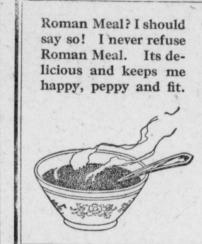
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Virol is a food apart. It is quite different to other preparations and often, when Baby has been "given up" and all other means have been tried, Virol has proved to be the one thing which Baby can assimilate and which can preserve a

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Keeps the family fit

## "My Back Aches"

T is not much wonder that the mother I in the home has backaches and headaches when you think of the multi-plicity of work and worries she has from morning until night and from week to

But pains and aches come from poisons in the system and if the kidneys and liver were doing their duty as filters of the blood the poisoning would not remain

This is why it is usual to blame the kidneys and the liver for backache, head-

ache, rheumatism etc. The way to get rid of such pains and aches, then, is by arousing the action of the kidneys and liver and this is most promptly and most certainly done by the use of Dr. Chase's Kidney-Liver Pills.

By using this popular medicine you can usually obtain relief in a few hours.

You will realize then the advisability of using Dr. Chase's Kidney-Liver Pills once or twice a week so as to keep these vital organs active and ensure that the poisonous waste matter is promptly removed from the system.

In most homes this medicine is kept constant on hand for use in case of emergency. Not a bad idea, is it?

You will notice that while the price of Dr. Chase's Kidney-Liver Pills has been increased to 35 cents, the box now contains 35 pills instead of 25 as formerly.

Likewise Dr. Chase's Nerve Food is 60 cents a box of 60 pills, instead of 50 cents a box for 50 pills. Edmanson, Bates & Co., Ltd., Toronto.

