

CHATS WITH YOUNG MEN.

To fold one's hands and let things take their course is to transform one's life into a dream. You who think that you have nothing left to lose will find that very thought loses what you have. Gather up the fragments that remain to you, and keep them with scrupulous care. In good time this little that is yours will be your consolation. The effort made will turn against you, if nothing but a branch is left for you to cling to, clinging to that branch, and if you stand alone in defence of a losing cause do not throw down your arms to join the rout. For strength go to history and nature. From its long travail of both you will learn that failure and defeat make no difference to the victor, and that it is not wise to neglect detail, and, above all, that we must know how to wait and begin again.

A Catholic Gentleman. said the Rev. Owen H. Hill, S. J., in his baccalaureate address to the graduates of Fordham College, "is a saint in private life and a public-spirited citizen of right principles and sound integrity. He takes a strong hand in the stirring affairs of his time and leaves traces of his great faith in the pages of history. He is possessed of every true virtue from love of God and religion to love of country and authority."

A Young Man's Debt. Every son, when he goes from home, carries with him the honor of the home to which he belongs, and he may either exchange or dissipate it. If he does well, his success is doubled, for it is not only an ornament to himself, but a crown of honor to his parents. In the battles of life in a city there are multitudes doing their best, living laborious days, shaking off the tempter and keeping straight in the middle of the narrow way, for the sake of those far-off whose hearts will be cheered by their well-doing or broken by their ill-doing.

There are few sights more touching than when a youth who has been away in another city, or in a foreign land, and bears on his face and demeanor tokens of his well-doing, comes back Sunday to the old church in which his boyhood has been spent and sits by side with the proud hearts that love him.

Where is there a disappointment so keen or a disgrace so poignant as he inflicts who comes not back, because he dares not, having in the foreign land or in the distant city soiled his good name and rolled the honor of his home to the dust? Every young man owes it to himself and to his parents not to disgrace the good name which he has received. If he respects his parents and himself he will be careful to keep his name good.—Church Progress.

Insure Your Life Now. The saying is quite common that "Any fool can make money, but only a wise one can keep it." The question of a safe and profitable investment for one's savings is an important one, no matter whether the amount held for investment be large or small. There are many failures and few successes. The measures of your success or failure must be gauged by the quality of your economy and savings at the outset, and your perseverance to the end. Of course the weekly or monthly saving of an employee is discouragingly small, but the sequence of the policy can be read in the commonplace but everlasting axiom, "Great oaks from little acorns grow."

Much hinges upon a wise investment of the first small accumulation, and the first best investment a young man can make is to buy a life insurance policy. There is no other possession of such intrinsic worth that can be bought for so little money, and in your youth it costs less than at any other period.

The young man who carries \$5,000, \$10,000 or more life insurance recognizes that he has already accomplished something which commands the respect of others, and, better still, that he has enlarged his own self-interest.

A young man can have no better endorsement and recommendation for either a desirable business or marriage engagement than the possession of a good-sized endowment and life insurance policy on which the premiums have been faithfully paid and the dividends have been left to increase the amount insured and payable to himself at the maturity of the claim.—Catholic Columbian.

Bishop Elean Colton on Economy. Bishop Colton belongs to the parish branch of the C. B. L. Aside from insurance he has decided opinions as to the practise of saving in youth for the needs of old age, and does not hesitate to express an old-fashioned preference for a savings bank as a place of deposit. In a public address delivered recently, he said:

"Economy is a word little used and little understood. It is unpopular because so often confounded with parsimony. But how wide the difference. Economy is founded on wisdom; parsimony on meanness. One is a just expenditure of our means; the other is curtailing of our very necessities. Economy is a wise expenditure, and in the momentary sense, in which we are here treating it, economy is putting to the best advantage the fruits of our toil. In this sense it is called frugality. It presupposes a true appreciation of the value of money, its uses and its abuses; that it is hard earned and meant to go a great way; but it can not be easily renewed, that our means of earning it decrease in the course of years and our decreasing strength, and so it is to be carefully and judiciously expended.

"Economy, to be worth the name, should be habitual and extended to all things. It is not, therefore, to be saving in some things and extravagant in others, but saving all the time. How many are 'penny wise and pound foolish'! Economizing in some little things, they will be lavish in great ones; or, again, lavish and indulgent in many small things which will aggregate by far more than great things. True economy rests in principle and will not vary, no matter how great or

how small the expenditure is to be, for like true virtue, it will not violate its rule in a small matter any more than in a great one.

"The effects of economy are easily evident. A sufficiency for the present and a provision for the future are its notable consequences. 'Our wants,' are many, but our needs are few,' is an oft-spoken adage. Remembering this, the economical person restricts the ever-present inclination to indulge his desires in that which his appetite or his capriciousness craves, and keeps within the bounds of reason, and legitimate gratification.

"The economical man is like a soldier equipped and ready for battle. The spendthrift, on the other hand, is without arms and without hope, liable to be surprised and taken prisoner at the first sight of the enemy. Truly does a wilful waste make a woeful want: prosperity follows thrift, capital waits on economy, and opportunity leads the way to greater success.

"Moderation for the child must be the rule just as much as it must be for older persons and restraint of every undue inclination must be the practice in the government of the children as much as for every other person in life.

"But if we economize and save as we should, we need something safer than a bureau drawer in which to keep our treasure. The savings bank is the best and most natural for most people. It is in this sense that a bank is one of the greatest blessings in every well-regulated community. Lay by for the rainy day and treasure up in your youth that which will make for you an easy old age. It is a good counterpart of the church, the vestibule of heaven, where we lay up treasures for eternity in a savings bank, when we wisely lay by what we can spare from the present, what we may need in the future.

"It is hard to practice economy in one of our cities, because of the many things that tempt us from it. Amusements without number, conveniences of every kind at every step, not to say unnecessary and injurious things. But if we indulge in them we must pay the price, and this means the exhaustion of our surplus means. It is a spirit of self-denial that we need and a will to execute it, and then instead of filling the coffers of others, we will be filling a treasury of our own, which, if we do not live to use we can pass to some one who may depend upon us or leave to works of religion and charity."

OUR RELIGION.

The next, or eighth article of the Creed, "I believe in the Holy Ghost," is credited to St. Matthew. By it we profess a belief in the Third Person of the Blessed Trinity, Who is truly God, as is the Father and the Son. He is coequal with all eternity with the Father and the Son, as we learn from St. John, "the Father, and these three are one." He is called the Holy Ghost because He is the source of all holiness. To Him is especially attributed the work of sanctification. Through Him we receive from God all graces and gifts.

These gifts specifically are seven in number, called the gifts of the Holy Ghost. Generally speaking, they are supernatural qualities which it may attain to salvation. They are wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord. This is the way they have been designated by the prophet Isaiah.

By the gift of wisdom we learn to realize God, to appreciate the things of God and the necessity of saving our souls. By the second we acquire a knowledge of these revealed truths essential to salvation in so far as a limited intellect can understand them. By that of counsel we are enabled to reach proper conclusions in those matters contributing most to our salvation.

Fortitude, the fourth gift of the Holy Ghost enables us to do that which is right, regardless of our weakness, thus surmounting the obstacles which stand in the way of our sanctification. The gift of knowledge, enables us to distinguish between that which is good and that which is evil. In doing so we obtain a more exalted idea of God and are more readily able to detect the deceptions of Satan. The gift of piety makes us find our greatest happiness in God, and not in the things of this world. By the last there is imparted to us a beneficial respect for God.

From these facts it is quite evident that we should not fail every day to invoke the Holy Ghost for strength with these gifts. There are many days when we hesitate concerning our duties. On many occasions throughout the day we find ourselves in need of strength to overcome some obstacle to salvation or to discharge faithfully the duties of our particular state in life.—Church Progress.

THOSE "WICKED" FRIARS.

Mr. F. R. Guernsey, the special correspondent of the Boston Herald, writes to that paper as follows about the Dominican priests in charge of the Church in Chappultepec, Mexico:

"We have broken bread together in all good humor and cheerful spirit. They are all Spaniards, from old Spain, earnest and sincere men. A good priest is about the best company; having much knowledge of this queer humanity of which we all are parts; having a vast charity, because knowing the intricacies of a faith that heart, and dominated by a faith that shines clear amid all the turmoil and confusion of these critical and innovative times. You may differ from the Dominicans, but you must come to admire and respect their high character and unwavering loyalty to their great Church and their militant order.

"No better companions, no truer friends, than these Dominican Fathers, who, here in the ancient city, where once they were so powerful, minister to poor and rich with Christian impartiality, their virtues shining all the brighter for their voluntary poverty, something to awaken respect in our days of dollar-hunting and craze for social splendor and display."

OUR BOYS AND GIRLS.

A Boy Mozart.

Musical Parisians are of opinion that they have a boy Mozart in their midst. At a wedding celebrated in the Church of St. Maur, in the absence of the organist, his place was taken by a little Chagnon, who played admirably through the service, and added several voluntaries improvised by himself. Visitors now come from all parts of France to listen to the tiny organist.

Think of This, Boys.

Some one in telling boys how to succeed says that they must learn to wish. To wish until it hurts and hurts—that is the wish that comes true! Wish till the whole world and poverty and no friends and ill health cannot stop it. If the boy wishes this way he will work. A boy who would just like to succeed will probably not succeed; but the boy who wishes to succeed till he cannot eat or sleep or do anything but work for wishing will have success.

Be Prompt.

"How I do appreciate a boy who is always prompt—always on time," said John Wamaker, the great dry goods merchant. "One soon learns to depend upon the boy who is never late in taking his place—who is never late in delivering a letter or a package—never late in going to meet a railroad train—never late in keeping an engagement of any kind. Such a boy will soon be trusted in weightier matters, be promoted to an early date to higher positions, and honored by the shrewd men of finance who will desire to be associated with him in important business transactions. Promptness is better than a big capital for a business man or woman, and is one of the most important elements of success in life."

You Make Your Fortune.

It is in every girl's power to be what she desires—either an intelligent, charming girl or a foolish, ignorant one. Take as much care to make your heart beautiful as you do to make your outward appearance pleasing. Cultivate pure, elevating thought and be honest and upright in your dealings with others. Thus will your life bear many roses and few thorns, and happiness will abide with you. A girl's mother should be her only confidant. The girl who keeps secrets from her mother proves herself to be lacking in the qualities that constitute a noble womanhood. This is a prevalent cause of many girls' sad mistakes. A good mother's advice about her daughter's private affairs cannot be too highly prized, for it is sure to be prudent and wise. Learn to make a friend of your mother, and thus you will do a two-fold good.

You will make yourself the better and her the happier by your close communion with her.

A Chat With the Girls.

Try to acquire the habit of being contented with yourselves, girls. Don't worry or grumble, like I have heard some young ladies do, because you are just a little bit too small, or too tall, or perhaps because you are a brunette when you would much prefer being a blonde. I seem to recall that people would allow such trifles to bother them, yet it is done, and when persevered in it leads to harm. Young girls make use of dyes, cosmetics, etc., to improve their appearance, which are most injurious, and should never be in the possession of any good Catholic girl. It is best to be content with what Nature gave you. By all means, improve on Nature if you can, but avoid cosmetics of any kind. Plenty of fresh air and outdoor exercise will accomplish a good deal.

Then study your particular style and dress accordingly. Don't wear a flat hat just because it is the latest fashion, if you see it is not becoming to you. Or think that because your girl friend looks well in a long basque coat you will necessarily look equally as well. You don't stop to think that what looks well on her will not look well on you, yet it is done, and when persevered in it leads to harm. Young girls make use of dyes, cosmetics, etc., to improve their appearance, which are most injurious, and should never be in the possession of any good Catholic girl. It is best to be content with what Nature gave you. By all means, improve on Nature if you can, but avoid cosmetics of any kind. Plenty of fresh air and outdoor exercise will accomplish a good deal.

Then study your particular style and dress accordingly. Don't wear a flat hat just because it is the latest fashion, if you see it is not becoming to you. Or think that because your girl friend looks well in a long basque coat you will necessarily look equally as well. You don't stop to think that what looks well on her will not look well on you, yet it is done, and when persevered in it leads to harm. Young girls make use of dyes, cosmetics, etc., to improve their appearance, which are most injurious, and should never be in the possession of any good Catholic girl. It is best to be content with what Nature gave you. By all means, improve on Nature if you can, but avoid cosmetics of any kind. Plenty of fresh air and outdoor exercise will accomplish a good deal.

Then study your particular style and dress accordingly. Don't wear a flat hat just because it is the latest fashion, if you see it is not becoming to you. Or think that because your girl friend looks well in a long basque coat you will necessarily look equally as well. You don't stop to think that what looks well on her will not look well on you, yet it is done, and when persevered in it leads to harm. Young girls make use of dyes, cosmetics, etc., to improve their appearance, which are most injurious, and should never be in the possession of any good Catholic girl. It is best to be content with what Nature gave you. By all means, improve on Nature if you can, but avoid cosmetics of any kind. Plenty of fresh air and outdoor exercise will accomplish a good deal.

Little Vectors.

A curious and pretty custom is observed every year in the city of Hamburg to celebrate a famous victory which was won by the little children more than four hundred years ago. In one of the numerous sieges Hamburg was reduced to the last extremity, when it was suggested that all the children be sent out unprotected into the camp of the besiegers as the mute appeal for mercy of the helpless and the innocent. This was done. The rough soldiery of the investing army saw with amazement and then with pity a long procession of little ones, clad in white, come out of the city and march boldly into their camp.

The sight melted their hearts. They threw down their arms, and plucking branches of fruit from the neighboring cherry orchards, they gave them to the children to take back to the city as a token of peace. This was a great victory, which has ever since been commemorated at Hamburg by a procession of boys and girls dressed in white and carrying branches of the cherry tree in their hands.—Notes and Queries.

The Best Course of Treatment for "Laziness."

Lucy always felt tired when she watched her mother and the "hired girl" do the housework. Therefore, she watched them no more than she could help. Her favorite method of not seeing that which fatigued her was to retire to the parlor, recline gracefully on the sofa and read a novel. Here she generally had peace, although her baby brother, neglected for her by a mother busy with other duties, sometimes dis-

turbed Lucy by crying in his crib in an adjoining room. This was annoying, and Lucy didn't like the annoyances, says George Owen Koch in the Philadelphia Public Ledger.

Recently Lucy had not been feeling quite herself. She was not in any immediate danger of death—merely oppressed with a sense of lassitude and chronic weariness.

Thinking of the clever family doctor made the whole thing easy. The doctor was an amiable old chap, and Lucy thought she could bring him to look upon things as she wished.

The visit to him was quite satisfactory. He was properly sympathetic when Lucy described the symptoms of her malady, and he rose to the adroit suggestion of physical culture as the trout rises to the fly. It undoubtedly would be a good thing. She did not need and medicine in the shape of drugs, just some exercise with proper apparatus and in correct costume. Certainly he would inform her father of the state of her health, and that she ought to have to effect a cure. He would write her father a letter that evening.

The letter was handed to her father just as he finished his meal and he opened it at once.

It read as follows: "I have diagnosed the case as one of Laziness, a by no means rare ailment. A thorough course of physical culture is the only cure. For this reason I recommend that your daughter be furnished with appropriate apparatus and costume for indulging in the following exercises:

"Wrestling, bag punching, Swedish calisthenics, endurance motions and flexing actions."

"He's a dear old man," thought Lucy, when she had perused the foregoing. "He recommends exactly what I want." Then she continued the letter.

"Wrestling—This exercise can be had while making beds. Turning several heavy mattresses a day will prove very beneficial."

"Bag Punching—This exercise also can be had while making beds. Thumping pillows to get them soft and smooth is excellent for the muscles of the arms and shoulders."

"Swedish Calisthenics—These can be indulged in with the aid of a broom. The bending and swaying necessary in sweeping will reduce the size of the waist and strengthen the whole torso."

"Endurance Motions.—To be practiced over a washtub filled with hot soapy water and soiled clothes. The up and down action by which the clothes are cleansed will strengthen the whole body and give great powers of endurance. Also excellent as a vapor bath for the complexion."

"Flexing Actions.—Scrubbing gives these actions to perfection. The reaching out with a brush while the person exercising is on hands and knees makes all the muscles pliable."

"Costume—Ordinary house dress, without corsets; skirts clearing the floor and sleeves tucked up at the elbows."

"Time.—All the time, except when actually fatigued. I hope to hear of decided improvement in your daughter's health shortly."

I am, my dear girl, yours very respectfully,

A. WISEMAN, M. D."

Whereat Lucy wept and said spiteful things about the "nasty, mean old physician." Did the prescription do her any good? Well her mother had been to two matinees in three weeks, and the girl has bought a book entitled "Housekeeping as a Science."

CHRIST THE CONSOLER.

What sweeter title for the gentle Saviour than that of Consoler; how it expresses all that the Sacred Heart loved! Pardon, patience, kindness, sympathy, friendship, are all found in the Consoler. The heart sore with sin finds that sin is not pleasure but pain, which like a thorn, penetrates deeper and deeper, and forces out all happiness. It cries for consolation in its afflictions, and finds none until it reaches the cross, and Christ pours into it by His grace the consolation of pardon. When sorrow touches the heart how it bows under the burden which often seems too great to bear! Where will sorrow find its consolation if not in the Master's heart, which sorrow filled to overflowing with its bitterness, misery, poverty, neglect, sickness and death. All these evils, the path of life, and a man is made to feel that life is a burden, and that misfortune is a curse. Ah, but to the most afflicted comes the consolation of Christ telling us that life is but the field on which the battle for eternity is fought, and that human misery is not a misfortune, but a means of reaching glory.

To the poor, Christ comes as the poorest among the children of men, and consoles them with the vision of the manger and the poverty of Nazareth. To the afflicted He comes as the man of sorrows, and He implores them to tell Him if there be any sorrows like to His sorrows.

What would we do if we had not Christ as consoler? Sin comes into our lives, and we remember the prodigal, and we kneel at the feet of Christ, and His sweet consolation of pardon heals our souls. Affliction casts its shadow over us, and the light seems to disappear, and the up and down action by which the clothes are cleansed will strengthen the whole body and give great powers of endurance. Also excellent as a vapor bath for the complexion."

What would we do if we had not Christ as consoler? Sin comes into our lives, and we remember the prodigal, and we kneel at the feet of Christ, and His sweet consolation of pardon heals our souls. Affliction casts its shadow over us, and the light seems to disappear, and the up and down action by which the clothes are cleansed will strengthen the whole body and give great powers of endurance. Also excellent as a vapor bath for the complexion."

What would we do if we had not Christ as consoler? Sin comes into our lives, and we remember the prodigal, and we kneel at the feet of Christ, and His sweet consolation of pardon heals our souls. Affliction casts its shadow over us, and the light seems to disappear, and the up and down action by which the clothes are cleansed will strengthen the whole body and give great powers of endurance. Also excellent as a vapor bath for the complexion."

MEN WANTED

If you desire a really profitable line, send us your name with reference, and if we think you a suitable person we will find a place for you on our selling force. We always have openings for good men at good pay.

STONE & WELLINGTON

"Canada's Greatest Nurseries." TORONTO

Jesus

the All-Beautiful.

A Devotional Treatise on the Character and Actions of Our Lord. By the author of "The Voice of the Sacred Heart." Edited by Rev. J. G. Macleod, S. J. Second edition. Price \$1.50, post paid.

THE CATHOLIC RECORD OFFICE

LONDON, ONT.

A Pure Hard Soap.

SURPRISE SOAP

MAKES CHILD'S PLAY OF WASH DAY

RAMSAY'S PAINTS

TO PAINT YOUR HOUSE inside and out with just the right touch of color for freshness, beauty and strength.

TO KEEP YOUR HOUSE cheerful and bright throughout summer and winter.

TO TEND YOUR HOUSE with a quiet elegance amongst its fellows.

Price just right for the purest and best.

Write for our booklet "B" telling all about it.

A. Ramsay & Son, Montreal,
Est. 1842. PAINT MAKERS

THE RIGHT PAINT TO PAINT RIGHT

THINKS IT IS A FIRST-CLASS MACHINE

Enclosed find \$14.29 to pay for the 5 drawer drophead Windsor Machine you sent on trial and another of the same kind. Prepay the freight charges and include Home-Grinder. The machine you sent me is very satisfactory and works well. I think it is a first class machine.

So writes Mr. John E. Connery, Castleford Station, Ont., under date of April 20, 1903. Our price for the 5 drawer drophead Windsor Machine is \$14.29 each, and prepaid freight charges 60 cents each to point east of Toronto. This machine has more hardened and tempered parts than any of the high-priced machines, will last longer than any of them, and is guaranteed for 20 years.

Very often we receive orders like the above from parties who have bought one machine from us, the second machine being wanted for some friend or acquaintance. However, anyone can test one of our machines for 20 days without any expense, as we send them out for that length of time on Free Trial. Our prices run from \$17.50 upwards, and our 8 different styles of sewing machines and giving full information about prices, freight rates, etc.

Windsor Supply Co., Windsor, Ont.

The Standard Brews of Canada are the ale, porter and lager made by

CARLING

CHICAGO

PROFESSIONAL.

HELMUTH & IVY, IVY & PROMGOLD
—Bachelors, Over Bank of Commerce
London, Ont.

DR. CLAUDE BROWN, DENTIST, HONORARY Graduate Toronto University, Graduated Philadelphia Dental College, 1881 Dundas St. W. Phone 1381.

DR. STEVENSON, 34 DUNDAS ST. W. London, Ont. Specialties—Anaesthetics and X-Ray Work. Phone 516.

DR. WAUGH, 57 TALBOT ST., LONDON, Ont. Specialties—Nervous Diseases.

JOHN FERGUSON & SONS
140 King Street
The Leading Undertakers and Embalmers
Open Night and Day
Telephone—House 373; Factory

W. J. SMITH & SON
UNDERTAKERS AND EMBALMERS
113 Dundas Street
Open Day and Night. Telephone 526.

Father Damien's Lectures

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.

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 all Leading Doctors in Canada will tell you so.

W. LLOYD WOOD, Wholesale Druggist, General Agents, TORONTO.

IT'S TOO BAD...

that your Plumbing is not working right. Telephone us at once and have us put it in first-class order.

F. G. HUNT
PLUMBER,
521 Richmond St., Phone 1219

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.