

CHATS WITH YOUNG MEN

DO IT TODAY

Today is the day that your tasks should be done—The day that God has given to you; You're living right now, and this day is the one To do what you're going to do!

You number your days from the day you were born, And count them with sighing and tears, But really, my friend, you're re-born every morn—

Next week, or next month or next year —JAMES EDWARD HUNGERFORD

DON'T BE DISCOURAGED

The trial of an ardent, zealous soul is the apathy of good men—the recurrent experience that when one thinks to discern something well worth doing and feasible enough, authority blocks the way, enforcing an attitude of inaction.

POURTRAIT OF A GENTLEMAN

The following sketch called "The Portrait of a True Gentleman," was found in an old manor house in Gloucestershire, written and framed and hung over the mantelpiece of a tapestried sitting room.

A GOOD CONSCIENCE

There is no happier condition in life than that which is blessed with a good conscience. It is much better to be honest than knavish, to be clean and pure of heart than a lover of the obscene and vile; to practice sobriety and temperance in all things than to be gluttonous and intemperate.

EVERY MAN

One thing that the catalogue of the Church's Saints shows is that every man can be a saint. Among the inhabitants of heaven we find every kind of character—every nationality—every kind of occupation—every kind of environment—every kind of education—every kind of disposition and temperament, so that everything human is the rough material of sanctity.

It was the use they made of these things that gave them the crown of sanctity. It is the use that others make of them that stamps their souls as criminals.

Look up to heaven—they did it; they; just as human as I. Why can't I?

OUR BOYS AND GIRLS

GOOD-CHILDREN STREET

There's a dear little home in Good-Children Street—My heart turneth fondly today Where tinkle of tongues and patter of feet

Yonder Odette wheels her dolly about—Poor dolly! I'm sure she is ill, For one of her blue china eyes has dropped out

Which causes much sorrow in Good-Children Street.

With dummies and banners and drums, And I venture to say they are sadly put out

When an end to their jubilee comes: Oh, days they are golden and days they are fleet

With little folk living in Good-Children Street!

But when falleth night over river and town, Those little folk vanish from sight, And an angel all white from the sky cometh down

And guardeth the babes through the night, And singeth her lullabies tender and sweet

To the dear little people in Good-Children Street.

BE CHEERFUL AND HAPPY

A feeling of happiness results from a cheerful disposition even if it be artificially cultivated. A grouch can be aggravated or dispersed if one but exercise a careful and studious will, to be cheerful and unperturbed no matter how black and dreary things may seem to be.

We have reasons for being happy and reasons for being sad; which reasons predominate and direct our lives? Cheerfulness is a most saintlike quality. It sheds a radiance all around, warms human hearts, makes human faces smile, and is altogether very beautiful.

PATIENCE

The exercise of patience involves a continual practice. We have need of patience with ourselves and with others; with those below and those above us, and with our own equals; with those who love us and those who love us not; for the greatest and for the least; we need it against sudden inroads of trouble, and under our daily burdens—disappointments as to the weather, or the breaking of the heart; in the weariness of the body or the wearing of the soul.

In our own failure of duty, or others' failure towards us, one thing alone helps us; it is patience in our losses, injuries, reproaches, in heaviness of the heart, or its sickness, amid delayed hopes. In all these things, from childhood's little troubles to the martyr's suffering, Patience is the grace God gives us whereby we are enabled to endure all things. On the whole it is patience which makes the final difference between those who succeed or fail in all things.

THE ALTAR BOY

Every time we attend Holy Mass the altar boy is present before us and yet few perhaps have realized his great privilege of serving in the sacred functions at the altar. Originally only a duly ordained acolyte, one next in dignity to the subdeacon, was permitted to assist the priest, but in time this privilege was extended to boys. To be an altar boy is then a very great privilege as he is numbered among the chosen

ones who day after day minister close to the altar where the wondrous Sacrifice of Calvary is once more being offered up to appease the Divine Wrath.

The altar boy has taken upon himself the duty of fidelity in the office entrusted to him. He is not only supposed to serve Holy Mass but during it to conduct himself with that fervor, reverence and devotion called for by the august personage in whose service he is.

In addition to the countless blessings for himself and those near and dear to him the faithful altar boy merits many indulgences. A Plenary indulgence is gained on the day of admission to the Sanctuary, on the Feast of St. John Berchman, and on each of the five Sundays preceding his feast.

CANADIAN PACIFIC

A greatly improved transcontinental service is provided by the Canadian Pacific Railway in the Vancouver Express leaving Toronto every night at 9.00 p. m.

Direct connections are made at Regina for Saskatoon, and at Calgary for Edmonton.

Leave Toronto 9.00 p. m.; Ar. Winnipeg 10.00 a. m.; Ar. Regina 11.05 p. m.; Ar. Saskatoon 6.05 a. m.; Ar. Calgary 4.30 p. m.; Ar. Edmonton 11.10 p. m.; Ar. Vancouver 7.00 p. m.

The equipment of the Vancouver Express is of the highest standard, including dining car, tourist, Standard and Compartment-Observation Sleepers.

Traveling to the West on this train makes the trip a pleasure. Let your nearest Canadian Pacific agent supply definite information concerning tickets, reservations, etc., and Victoria, Canada's national winter resort where summer sports may be enjoyed the year round.

STUDY IN PSYCHOLOGY

A parent once betook himself to Don Bosco in despair to see if he could do something for a wild recalcitrant son of his whom it was apparently impossible to keep in any school. They found Don Bosco very agreeable, but when the father ventured to propose to his son that he should become a pupil of Don Bosco's Oratory, he received from this model of filial obedience and submission the following very consoling reply: "Only on three conditions," he said, "will I consent to become a pupil of this oratory, viz., that they are not to ask me to go to confession, or to hear Mass, and that they are not to speak to me about Hell and such things."

Meanwhile he gave instructions to the various superiors simply not to mention the subject of religion to the boy for a time. It happened then that when all the boys would be at Mass and at prayers, this lad would linger round the corridors alone, but he was greatly pained nevertheless when he found that no one took any notice of him.

One day he strolled into the chapel and, seeing all the boys at prayers, he began to repeat in an undertone, "Imbecilli," a favorite expression of contempt in the Italian language. But he was stung to the quick when he found that no one took any notice whatsoever of him, as they had received strict orders not to do from him whom we may well describe as one of the master psychologists of modern times.

He gradually approached the side of the confessional, still repeating his "Imbecilli," but his eyes were filled with tears at seeing himself so isolated and, above all, so ignored. Almost instinctively he knelt down by the confessional, where the great apostle of youth was keenly watching him, although he pretended to be entirely indifferent toward him.

He confessed his sins to one who could tell him even those which he might have omitted through negligence, and he came away from that confessional weeping for consolation, completely penitent and completely changed.

This is not the only instance which shows us Don Bosco's wonderful knowledge of the human heart. Once in a hospital in Turin a poor woman lay dying, and she simply refused, in the most obstinate manner, to receive the ministrations of any priest.

The Sisters tried every expedient, but in vain. At length Don Bosco was sent for, and as he entered the dormitory he began to address a few kind words to each of the patients who seemed to be all very

Always Buy

"SALADA" GREEN TEA

The little leaves and tips from high mountain tea gardens, that are used in SALADA are much finer in flavor than any Gunpowder or Japan. Try it.

pleased and consoled by his gentle words; but when he came to the bed of this dying woman, he simply passed on.

The poor woman's heart was immediately stung at the slight. "What, Father," she said, "will you not come to speak with me at all?"

"Yes, certainly," he said, "I shall come and shall be very pleased to hear everything you have to say to me." She began to speak, and in a short time Don Bosco had heard her confession.

"Don Bosco was certainly a smart man," an American priest once said, which is no more than the very truth.—Life of Don Bosco.

our long Thabors in Heaven. This is the heartening message and encouraging lesson of the Transfiguration.—The Pilot.

Answers for last week: Purification when candles are blessed and story of laborers in vineyard. Septuagesima means seventy, i. e. 70 days to Easter.

The story of our Lord's Transfiguration which is read as the gospel for the second Sunday in Lent presents one of those vivid contrasts with which the gospel story abounds.

From the wilderness of trial and suffering undergone for more than thirty years, our Lord emerges for a brief moment, ascends the holy mountain with Peter, James, and John, and there manifests His glory, "the glory as of the Only Begotten Son, full of grace and truth."

The Transfiguration was a glimpse of Heaven or earth, a flash of glory triumphing over suffering, a revelation of the Divinity that our Lord and Saviour hid under the veil of His humanity.

That things are not always what they seem was the lesson impressed upon the minds of the Apostles. They had been visited with dark disappointments in the reception of the hard sayings that turned so many disciples away from their Master, and still darker trials were in store for them, for our Lord was about to turn His face to Jerusalem to be scourged and crowned with thorns and crucified. But before He went He vouchsafed this glorious manifestation of His Divinity.

Light falls upon His face from the open Heavens, and the Divine voice which spoke at His baptism, speaks again, announcing "This is My Beloved Son," Moses, the representative of Law, and Elias the symbol of prophecy appear on either side, before the apostles, the representatives of the gospel. Thrilled with the ecstatic vision, Peter awakens as from a dream himself indulges in prophecy, exclaiming, "Lord, it is good for us to be here; let us make here three tabernacles, one for Thee, one for Moses, and one for Elias."

As an spiritual writer says, "by these words Peter also must be reckoned among the prophets. His morning dream was enlightened far beyond many a volume in which the key to universal history has been sought or advertised. Religion begins with law, grows by prophecy, arrives at perfection in the life, teaching, and Kingdom of Christ."

Who are unwilling to see in our Lord more than a perfect man, should meditate upon the picture of His Transfiguration and on the lessons it imparts. There they will find testimonies of heavenly witness testifying to His Divinity. There they will find also the secret of the spiritual life.

Not by unclouded days of sunshine and splendor do we pass through this pilgrimage on earthy life, but by periods of trial and suffering broken by occasional glimpses of Heavenly light and encouragement must we make our struggling way. To those who are enlightened enough by God's grace to see the true meaning of this earthly existence, the Transfiguration comes as a striking confirmation of the truth that our Lord so boldly enunciated that to reach the heights of Heaven, we must take up our cross and follow Him.

Calvary and Thabor are twin mountains on the spiritual horizon that teach by vivid contrast the same absorbing lesson. Our Lord led a life of poverty and suffering and died a death of ignominy and shame before Heavenly light crowned Him with glory and honor.

The Transfiguration was an anticipation of the glory earned on Calvary. The Mount of Glory and the Mount of Sorrow lie far apart, but one leads to the other. Between them lies the wilderness of suffering and trial and sorrow. But the way has been smoothed for us by Him Who first made the journey for us. We who are content to have our brief Calvary on earth, will have

the picture at the left has a close connection with next Sunday's Mass. What is it? What part of the Mass does the Priest say in the position in which the celebrant is in the other picture? Ans. next week.

SHOREHAM HOTEL In Washington, D. C.

The Shoreham Hotel is located in the very center of this city of year-round attractions. It is within one- and one-half blocks of the White House itself and in three to fifteen minutes walking distance of the largest number of Government buildings, Museums, Monuments, Statues and works of art. European plan. Social exclusiveness, excellent cuisine.

SHOREHAM HOTEL 15th and H. Sts. N. W. WASHINGTON, D. C.

21 Jewel STUDEBAKER Direct from the Maker

Only \$100 DOWN America's greatest Watch value sent you for only \$1.00 down!

The balance in easy monthly payments. The famous 21-Jewel Studenaker Watch— Insured For a Lifetime!

You may choose from 84 new Art Beauty Cases and 8 handsome dial designs, 8 adjustments —to the second— for heat, cold, isochronism and 8 positions. Sold direct from the maker at lowest prices ever named for equal quality. Mail coupon today for Free Book and Special Offer.

WATCH CHAIN FREE For a limited time, we are offering a beautiful Watch Chain FREE. Write now while this offer lasts.

WRITE FOR BOOK Mail the Coupon Send at once and get a copy of this book—FREE! See the latest, beautiful advance styles in Studenaker Art Beauty Cases and Dials. Read how you can buy 21-Jewel Studenaker-branded Watch direct from the maker—save big money—and pay for it in easy monthly payments. Get Free Chain offer while it lasts. Mail coupon today.

STUDEBAKER WATCH CO. of Canada Limited DEPT. H215 WINDSOR, ONT.

STUDEBAKER WATCH CO. of Canada Limited Dept. H215 Windsor, Ontario Please send me your Free Book of Advance Watch Styles and particulars of your \$1.00 down offer.

Name..... Address..... City..... Province.....

EDWARDSBURG CROWN BRAND CORN SYRUP One of the greatest of all Energy-Producing Foods! Delicious for the table and for cooking. A Friend of the Family

insist on the Genuine RUBEROID ROOFINGS! 50 DIFFERENT GRADES The better Roofings that cost no more THE RUBEROID CO. LIMITED MONTREAL TORONTO

O'Keefe's DRY GINGER ALE Sparkling - Wine-like Relieves four o'clock fatigue On Sale Everywhere

ST. LAWRENCE Underwriters' Agency FIRE and AUTOMOBILE INSURANCE Head Office - Toronto

Stained Glass Windows For Commemorating Lives and Events are Most Satisfactory... Special Designs Sent on Request Estimates cheerfully given The Hobbs Manufacturing Co. LIMITED MONTREAL TORONTO LONDON WINNIPEG

Canadian Folks Prefer This Buffalo Hotel HOTEL LENOX has become a favorite stopping place for Canadian folks visiting Buffalo. This modern, fireproof Hotel is ideally situated; home-like in environment; handy to shops, business, theatres and roads to Niagara Falls. Superior Cuisine. European plan. Every room an outside room. Rates from \$2.50 per day. On the Empire and Great Lakes Tours. Write for FREE Road Guides, Maps or Hotel Booklet. Motorists follow Main Street or Delaware Ave. to North Street. HOTEL LENOX North St. at Delaware Avenue BUFFALO, N. Y. Clarence A. Miner, President