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SINCE 1826. BELLING.

& OTHER PUREST, BEST, BEST

Look out for your record, says the editor of Success. Keep it clean and yourself unentangled. As you value freedom, the boon of a clean reputation, do not the yourself up — financially, socially, morally, or in any other way. Keep your manhood and independence so that you can always look the world squarely in the face. Do not put yourself in a position where you must cringe or crawl before anybody. Some Helpful Thoughts

It is in the lulis of life that great struggles are lost and won. You struggle against the tides that beset you—but those tides never rest.— Arthur Stringer. Often, under the hardest and rough-

Often, under the hardest and roughest bark, there is a living trunk, full of sap, which bears excellent fruit. Often a gentle and polished outside surface hides deceitful and corrupted things.— Lacordaire.

Sincerity is the basis of all true friendship. Without sincerity it is like a ship without ballast.

To be a great man it is necessary to turn to account all opportunities.-La Rochefoucauld.

Every act of a man inscribes itself in the memory of his fellows and in his own manners and face.

It is man's chief blessedness that there lie in his nature infinite possibilities of growth. ties of growth.

Our greatest glory is not in never falling, but in rising every time we fall.—Pascal.

Pleasures are good only in so far as they recreate; that is, give fresa-strength and courage. If they weaken and dishearten they are but dissipa-Tact is a gift; it is likewise a grace.

As a gift it may or may not have fallen to our share; as a grace we are bound either to possess or acquire it. The best portion of a man's life is his

nameless, unremembered acts of kind. Spend not all you have, believe not all you hear, and tell not all you know.

Self respect is at the bottom of all our love of life. Lessen self-respect and man is willing to throw his life away in debauchery and the worst kind of discolute living. Self-respect is the dissolute living. Self-respect is the bond that holds all his powers together, that makes him able to act, to bear, to endure. Now nothing but ceaseless striving for conduct, for morality, for principle, can give you self-respect. Every man who deliberately does wrong and does not strive to put it beneath and does not strive to put it put it has not as he would an assassin seeking to take his life, loses self-respect, and his power will pass away little by Mittle.—Bishop Spalding.

A Lesson to Young Men-Dr. Lorenz, the eminent European surgeon, whose remarkable operations have attracted much attention, em-phatically declares the danger of alco-

when he uttered the revolutionary idea that "Ireland must hereafter be governed by Irish ideas," rather than by the wishes of Dublin Castle. These were men who, when they got a states-manlike inspiration, did not call in a jury of the vicinage to sit upon their idea, but "spoke the truth that was in them."—Catholic Citizen.

One Brave Step. One brave step makes the next one One brave step makes the next one easier. True, the road seems piled up with obstacles as one goes along; but then, one is made stronger and more capable with every step, so that relatively we have an easy road always before us. At least, if not exactly easy, it becomes more interesting—one feels less inclined to grumble.

The Best Recommendation.

"Membership in the St. Vincent de Paul Society," says the Church Progress, "is the best recommendation that can be given any Catholic layman. It is the pastor's strongest support and the parishioners greatest safety. Its Conferences, therefore, should be as numerous as the churches themselves, in order that its mutual benefits may be given ridget distribution."

given to gambling or speculation. They have announced that they will cancel the bonds of any patron when-ever they have proof that he has the Look out for your record, says the gambling habit.

This will mean in most instances that the amateur gambler must either give up his gambling or be unable to hold ny position of responsibility.
Such action is taken by these com-

anies entirely as a matter of bus It is a measure of self-preservation. Other guarantee companies will no doubt soon see the wisdom of like ac-

tion.

It will have a valuable social effect.

It will help to meet what is coming to be a national need—the placing of some effective check upon the growing craze the control of the con

offective eneck upon the growing chac-for "getting something for nothing," which manifests itself all the way from Wall street to the penny policy shop. A bet is a little thing. The man who makes it is confident it can do him no harm. Other men may ruin themselves by coupling, but not he.

by gambling, but not he.

And so it is in speculation. Every man knows that thousands have been man knows that thousands have been ruined by it, yet each somehow convinces himself that he has found a "sure thing." Unfortunately, those who can least afford to lose are most frequently deluded. Cashiers, clerks, stenographers and others with only the slender thread of a salary to cling to, seem the more eager to chase the will-c'the wign across the bogs of chance. o'-the-wisp across the bogs of chance. Trained business men, who are best able to judge chances and to take advantage, if any advantage there be, have the least to do with them.

The action of the guarantee compan-The action of the guarantee comparies may seem a hardship to gambling employes, depriving them of what they think a chance to "strike it rich," but in fact it is a kindness to them. It will destroy their delusions and enable them in time to realize that the best "chances" in life come through earn-

est service.

The railroad companies of the land never did their employes a better turn than when they adopted the rule that drinking men would be discharged. That rule insured higher efficiency of service, and the man who gives better service to his employer is giving better service to himself.

Spain and Italy give excellent ex-

service to himself.

Spain and Italy give excellent examples of countries in which the spirit of gambling has supplanted the spirit of healthy business. America cannot afford to let her people degrade and impoverish themselves after the same

OUR BOYS AND GIRLS.

STORIES ON THE ROSARY BY LOUISA EMILY DOBREE.

The Assumption of Our Blessed Lady into Heaven.

LUCY'S OFFERING. That night she was suffering secretly, and she did not find it at all easy to say "Fiat" about it. She knew so well that she was being judged, by Lucy, as cold and indifferent to that holy Mother whose month they had just entered upon, and it vexed her that it should he so. Only she could not phatically declares the danger of alcoholic drinks. A banquet was given in his honor in New York city, and wine was served. The eminent guest declined it, and politely requested the waiter to bring him a cup of tea. This caused him to be asked if he were not at total abstainer from the use of wines and other liquors. His answer was as follows: "I cannot say that I am a surgeon. My success depends upon my brains being clear, my muscles firm and my nerves steady. No one can take alcoholic liquors without blunting these physical powers, which I must keep always on edge. As a surgeon, I must not drink."

Utter Your Convictions.

The public man who is afraid to take some chances in uttering advanced convictions, may be a "safe" man, but has a pretty sure to be a medicore man swell. We like an exhibition of civic courage for its own sake, whether or

which she had arranged in her room when she and Mary returned home from the convent after the last term. There the convent after the last term. There was an image of Our Lady on it, some candlesticks and vases, as well as several prayer-books and a Testament, which did not look as if they were much used. From a work-basket near there was a piece of linen sticking out. It was an altar-cloth which Lucy was em was an altar-cloth which Lucy was embroidering for the Lady Chapel; by it was the plain work which she did every month for a society in connection with the Society of the Children of Mary, to which the twins both belonged, and at which Lucy worked very hard indeed, in the hope of having it ready for the Assumption of Our Lady.

She had had some idea of going to Mass on two week-days during May, feeling rather heroic as she made the resolution, and not being very sorry when she found she had forgotten it. When she woke late the next morning

When she woke late the next morning she suddenly remembered it was Friday, and that she could only keep her reso lution if she went that and the next morning, and as she was wondering whether she could summon up courage to get up—early rising being a thing she cordially detested—she heard the hall clock strike 8, so she knew she was too late for that morning. She curled herself round for a little extra time in bed, intending to get up in time for the 8:45 When she woke late the next morning

after a heap of things you might help

"Anne, mind your own business, please, and go. I shall be down to breakfast all right. Oh! my watch has stopped; I forgot to wind it."

"Down to breakfast, indeed. Master's "Down to breakfast, indeed. Assessing inst off; it's 9:30; and as to minding my business, that's just what I am doing. There's your poor mamma so ill. and you help Miss Mary so little with her

however, soon calmed, and she ran down stairs, singing blithely, to find an empty dining-room and tepid breakfast.

She had forgotten all about Anne's remarks, and as it was fine and dry she went off for a long cycle ride, returning home in time for lunch, having only remembered two out of the three things her mathen had asked her to do things her mother had asked her to do

fer her.
"I wish you had remembered, dear," said Mrs. Charnley, who was as usual on the sofa, having only risen in time for her luncheon, her cough being very troublesome.
"Oh, mother, I'm awfully sorry, but

I quite forgot. I said over to myself the three things when I started, and then, you see, meeting Agneta March-mont we spun off together, and I forgot all about calling for the book. Will to-morrow do, mother?"
"Yes, dear," said Mrs. Charnley, closing her eyes for a moment, for she was a good deal exhausted by her cough.

"That's all right, then," said Lucy relieved, for she had mapped cut her relieved, for she had mapped cut her afternoon's plan. She wanted to go on with the embroidery on the altar cloth, continue with the novel she was reading, and go to tea with her particular chum, Agneta, to discuss a good deal about the Children of Mary social entertainment, which was to take place. entertainment which was to take place at the end of the month.

"Very well, then, I can't ccunt upon you this afternoon," said Mary cheer-fully, as Lucy told her of her intentions. "I had been going to ask you to sit with mother and have tea with her."

OUR INTERCESSORS ABOVE.

CALLING FOR AND ON THOSE WHO HAVE GONE BEFORE.

By Cardinal Gibbons. Christians of most denominations are leg. This he is now able to do, and he accustomed to recite the following article contained in the Apostles' Creed: 'I believe in the communion of saints.

is pretty sure to be a mediocre man as swell. We like an exhibition of civic courage for its own sake, whether or not it may be accompanied by that discretion which makes courage profitable.

Abraham Lincoln took some chances when he declared that the United States could not go on existing half slave and half free, and Gladstone took large risks when he uttered the revolutionary idea to its feelings in the language of hyper-bole, just as an enthusiastic lover will call his future bride his adorable queen, without any intention or worshiping her as a goddess. This reflection should be berne in mind while reading such

But you will ask, are the saints in heaven so interested in our welfare as to be mindful of us in their prayers? Or, are they so much absorbed in the contemplation of God, and in the enjoyment of celestial bliss, as to be altogether regardless of their friends on earth? Far from us the suspicion that the saints reigning with God ever forearth? Far from us the suspicion that the saints reigning with God ever forget us. If they have one desire greater than another it is to see us one day wearing the crowns that await us in heaven. If they were capable of experiencing sorrow their grief would spring from the consideration that we do not always walk in their footsteps here, so as to make sure our election to eternal glory hereafter.

Where is Your Prayer Book?

whether she could summon up courage to get up—early rising being a thing she cordially detested—she heard the hall clock strike 8, so she knews the was too late for that morning. She curled herself the hot indignant blood to the face and head, those to whom they are addressed should keep silent, look on within them then. During that pause they have made a step toward heaven or hell, and an item has been scored which the day of judgment shall see opened. They are the strong ones of the earth—these who know how to keep silence when it is a pain or a grief to them.

Two guarantee company of North America and the United States Guarantee Company of North America and the United States Guarantee company—have decided that they cannot afford to issue bonds for anyone who is It would not be safe to argue from

CONFIDENCE IN GOD.

childhood and to kill the aspirants of our youth. There are so many of our efforts that are forcordained to failure, and so many of our plans that never can succeed. There are so many difficulties to contend with, and there you help Miss Mary so little with her—and who knows you mayn't have her long to want your help," added Anne glomily. "Yes, well there, I'm going. Now do be a good young lady, and see after things a bit, and not leave all—"
"Will you go or will you not go, Anne?" exclaimed Lucy, now extremely snown or her faults made plain to her—both of which things Anne had an uncomfortable habit of doing.

Anne snifed and went away, saying a lever can succeed. There are so many either and there so many enemics to fight against us in their selfish and unscrupulous way. There is life itself and all its hardships. There is death with all its sadness and uncertainty. And men and women cry out in the darkness of the night thought that with all our failings, we cannot by any, even the remotest possibility, be counted with the elect. How both of which things Anne had an uncomfortable habit of doing.

Anne sniffed and went away, saying a good deal under her breath relative to Lucy's selfishness and thoughtlessness, that the young lady in question heard and felt increasingly irate at.

Lucy's temper, quickly roused, was, however, soon calmed, and she ran down stairs, singing blithely, to find an empty dining-room and tepid breakfast. She had forgotten all about Anne's when I was still God's friend, and when when I was still God's friend, and when He was mine! To think that I have to face all the trials and the difficulties of this life that yet remain, then death; and after that I have to stand before my Creator, with nothing but the record of a misspent life in my hands!"

> Preston, July 29.—(Special)—C. J. Frank, a coal and wood dealer of Preston, and his four-and-a-half-year old son returned from St. Anne de Beaupre Quebec, on the 27th inst., where they went a few days previous on a pilgrim went a few days previous on a pilgrim age from Kingston. Mr. Frank took his son to the famous shrine, hoping that among the miracles performed there would be the curing of his son of

great sufferer.
With hundreds of others they spent much time in prayer in the famous chapel, in which are on exhibition hundreds of canes, crutches, and other applicaces of the deformed, which were discarded by those who have been cured of their ailments.

homage to, and one day the boy begged his father to remove the iron harness which he were, which extended from

the shoulder to the heel.

"I am cured, papa. Please take my iron off," said the boy. On Monday night the father acceeded to the boy's

by.

Previous to going to St. Anne, Mr.

Frank says the boy could not bend his
leg. This he is now able to do, and he

The following remarks from an address before the American Medical Association convey a tribute to the wisdom of our Holy Mother the Church in regard to her sick children. These remarks turn on the question of notifying a sick man of his possible approaching death.

ing death. "The truth is not always so alarm ing to the patient, painful as it often is to the physician. In fact, it seems to to the physician. In fact, it seems to me this is one part of our duties that does not become less trying with increasing experience. To the sick man, whose thoughts have been turned toward the end longer than others suspect, intimation of a fatal end often brings no shock, but rather relief from the ending of a painful uncertainty. According to the rules of the Roman Catholic Church a timely announcement should always be given, and those who have witnessed the last days of members of this faith can confirm the statement that good often follows, statement that good often follows, speaking merely from the medical standpoint, and rarely harm."

CHILDHOOD DANGERS.

CHILDREN MAY BE REDUCED. The death rate among infants and oung children during the hot weather

dren was recorded. Most of these deaths were due to stomach and bowel deaths were due to stomach and bowei troubles, which are always alarmingly prevalent during the hot weather, and most, if not all, of these precious little lives might have been saved, if the mother had at hand a safe and simple remedy to check the trouble at the outset. As a life saver among infants and young children, Baby's Own Tablets should be kept in every home. These Tablets prevent and cure diarrohea, dysentery, cholera infantum and all forms of stomach trouble. If little ones are given the Tablets occasionally they will prevent these troubles and keep the children healthy. The Tablets cost only 25 cents a box, and a box of Baby's Own Tablets in the home may save a little life. They are guarbox of Baby's Own Tablets in the home may save a little life. They are guaranteed to contain no opiate or harmful drug, and may be given with safety and advantage to a new born babe or well grown child. If your dealer does not keep the Tablets, send the price to the Dr. Williams Medicine Co., Brockville, Ont., and a box will be sent you by mail nost paid. by mail post paid.



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Ther is no lesson more needed in this

world of our, than the lesson of confidence in our Creator. There are so many things to take away the hopes of

CURED OF HIP DISEASE AT SHRINE OF ST. ANNE.

hip disease, from which he has been a

The sacred relics were also done

equest.
Mr. Frank says that his son is cured, and while the limb is still weak he ex-

pects it to grow strong as the days go

WHEN DEATH APPROACHES.

HOW THE HEAVY DEATH RATE AMONG

is simply appaling. For example, in the city of Montreal alone in one week, the death of one hundred and six chil-



By the Rev. Peter Cotel, S. 7. Price 30 Cents, post-paid Catholic Record Office, London, Ont.

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A Good Law.

The Catholic Universe, Cleveland, Ohio, says that the new law in that State concerning marriage licences re-State concerning marriage licences requires the applicant to swear that he or she it not under the influence or addicted to the use of drink, drugs, or narcotics. A would be groom too much under the influence of liquor was confronted by this law recently, and was refused a License to marry. He was surprised. He tried several times during the day, and even used the tele ing the day, and even used the telephone, but he did not succeed. This is a good law. No man addicted to the excessive use of alcohol is fit to assume me the obligations of marriage. A young woman should fear to enter the matrimonial state with one who gets drunk even "now and then." Total abstinence is security.

May 8 Corn the Bub - Is is difficult to readicate a disease after it has become scated, therefore it is wise to take any allment in its initial stages and by such remedies as a resufficient, stop it in its course. Cold is the commonest complaint of man, and when neglected leads to serious results. Dr. Thomas' Electric Oil will cure the severest cold or most violent cough.

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