FIVE-MINUTE'S SERMON.

Seventeenth Sunday After Pentecost.

FANATICISM

r. Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with all thy mind. This is the greatest and the first commandment. And the second is like to this: Thou shalt love thy neighbor as thyself. On these two commandments dependent the whole law and the prophets." (St. Mat;. xxii. 37.)

It is remarkable that our Lord's

teacting concerning our duties to

God and our fellow-men are insepar-

ably connected. The two precepts, the

united as if they were one; and the whole divine law is include; in them. If we analyze the Ten Command

ments we shall see that the first three

relate to our duties towards God and the others to our duties towards men.

In the Lord's Prayer also we are taught our duties to God, ourselves, and our neighbor. In the day of judgment our Lord tells us that our

approval or condemnation will depend upon our performance or neglect of duties to Him in the person of His

people. In a word, our whole duty as Christians is declared in to day's

We all condemn as fanatics those

who select some particular virtue and

make of it a religion, not indeed because we have a less appreciation of

that virtue, but because we know that all virtue and goodness depend upon

The men who would make of their

favorite virtue the sum and substance

of all religion are often opposed to

true religion, and are at best only its mistaken friends. Yet in our opposi-

tion to the false spirit of these men we must not show indifference to the virtue

which they unduly extol, remembering

that it is impossible to love God without practising all the virtues. The

Fanaticism is invariably the off

the land, and disappears as suddenly

as it came. We have an example of it

in Puritanism, which once almost over

country to-day are apt to be more or

less affected by the influences which

surround them. There is certainly a

danger tenfold greater that the morals

license and profligacy which is so pre-

valent than that they will become ex-

doctrines of fanatics; still we must, as

our safeguard, keep before our eyes constantly the absolutely perfect

standard of the Catholic Church. We

must not imagine that men outside of

her have got any higher or purer rule

of action than she has to offer. Her

doctrines and counsels are the identi

risties and take part, take a sym

pathetic part, in all movements which

aim at elevating the social conditions

of the multitudes who lie outside the

influences of organized Christian

worship. It is for these multitudes,

that the stained glass window tells its story of sanctity, that the altar blazes with lights, and the organ peals and

the voices of singers stir to their depths

the emotions of the human heart

And if they, the multitudes who hunger for bread, which, when it is

got, leaves them still hungering for

the Bread of Life, will not enter, they

must be sought and lead by the hand.

Compelle intrare-force them to come, it was said. Not merely let them

come, but make them come. And by

taking an interest in them, and help

ing them to better material conditions

of life, to better dwellings, to more

constant, more remunerative employ-

ment, you will win their confidence

and hold their hearts, for they will

then begin to feel that the religion of

Jesus Christ has something to offer the

poor man while he lives, and does not confine its benefits to a provision of

better things for him after he is dead.

You must deal with him as the mission

ary deals with his flock; you must by every civilizing influence build up the

foundation of his natural life, that

and not merely for a few pious people

cal ones of Jesus Christ Himself.

brethren should be scandalized.

the love of God and man.

BER 2, 1897

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#### MISS ANNE.

The Story of a Dependent.

"Mr. Schwartze comes to night, Anne. See that his room is ready and be quick about it."
Having irritably given her directions, Mrs. Holmes lay back with a dismal groan and languidly picked up the book she had dropped.

times peered out through the smcke-clouded panes.

"I wonder if he'll mind," mused Anne, with a wordless thought of the desolation that so often swept over her own cramped soul as she locked out upon this dreary prospect.

"He ain't like a man that's always lived boardin' around. Looks like he ought to have a home somewhere, and a mother. He'd be good to one if he had her. He's got good eyes. It's pratty bare in here," she added regretfully,
Then under some sudden impulse she crept stealthily along the dark hall to a bedroom hardly larger than a closet, and was back in a moment carrying something carefully hidden under her apron. When deposited upon the dresser it proved to be a tumbler holding half a dozen glowing carnations.

Anne had rescued them from a wastebasket the day before, and, ciipping their stems, had revived them in water and treasured them tenderly since.

"They'll make it a little more home like for him," she said. And then she turned to the prosaic work of changing the bed linen, dusting, cleaning and bringing in soap, fresh water and towels.

the prosaic work of changing the bed linen, dusting, cleaning and bringing in soap, fresh water and towels.

She was a pale, frightened looking woman, and as she left the room she turned and looked hesitatingly at the glass of carnations.

"I s'spose I hadn't ought to have taken that glass from the side board," she said. "If Aunt Holmes was to come up here, I do' know what she'd say."

She smelled the sweet blossoms hesitatingly, then closed her lips with a firmness pathetically out of measure. "I don't care," she said, "I'll let 'em stay. It ain't so dreary when they're here."

"Anne," called a querulous voice from the sickroom, as she reached the lower hall, "have you got the lamps cleaned?"

"No'm, not yet."

"Well what in the name of common sense

saints, particularly St. Paul, abstained from what was lawful lest the weak

spring of error; sectarianism breeds it; it rises like a storm, sweeps over turned society in England, Scotland, and America. Now a reaction has

taken place, and society is more dangerously threatened by irreligion and immorality. Catholics in this of our people will be corrupted by the tremists in regard to the particular

took herself from the majestic and injured presence.

She wondered at herself for the tears that would come and blind her in her work, for Aunt Holmes was only repeating what she had said with innumerable variations since Anne, a small and shrinking child, was tirst taken under her motherly protection.

Yet even after she had finished the lamps and was down on her knees before the sitting room hearth, her eyes were still red and the dark eyelashes that carled upon the sallow cheek suspiciously moist.

"May I see the walks and the target she doubted her ability to read plain sower the banister. "That dear Billy has seen the some flowers."

"No," said Anne, in a sort of daze, hold in the proper some loved, live thing. It's for me. It says: 'Miss Anne Minton' on it."

"You're crazy!' said Gladys shortly, and a bit angrily, too, for she never had heard Anne so nonsensical. And she snatched the box from Anne's fingers. Then she stared one mouthed.

cal ones of Jesus Christ Himself. No man can improve on His teaching, nor can any human society amend that of His Church.

THE POOR MAN'S CHURCH.

The answer given by our Holy Father Leo XIII. must be the basis of every solution of the question, "How shall the submerged be lifted up?" First of all, we must humanize their conditions of life. We must make their lives more human that we may make them more humane. And the Vicar of Jesus Christ tells us, in his immortal Encyclical on Labor, that this is a work peculiarly demanded in these days from the ministers of the Gospel. Priests must be allowed to emerge from the shadows of their sac risties and take part, take a symists.

with her head a little less bein, up the wiseep flights and along the winding hall.

"The boarders sit downstairs a good deal," she said, still regretting that cheerless room. The furnace don't heat very well up here, and its warmer in the sitting roomon account of the fire."

Then she returned to her ashes.

She made the invalid's toast with unusual care that night, and cautioned Kitty about keeping the soup well covered and het.

At 6 o'clock, in her fresh white apron, she stood ready to wait on the long table.

Mr. Schwartze was not among the first to obey the summons of the dinner bell. Before he came she had brought in several plates of steaming soup, and Mr. Brown had gruntly ordered it away, muttering something about "clam soup every night!"

She was hastening to change his plate when Mr. Schwartze entered.

She was hastening to change its plate when Mr. Schwartze entered.

The big German cast his eyes with friendly interest over the group at the table. There was something hearty and genuine about him, though his gait was a triffe awkward and his shoulders somewhat stooped. But he said "Pardon, madam," as he withdrew his napkin from too close proximity to Miss Simpkin's plate, and "Thank you" to Anne when she gave him his soup. If the hot stuff had not been safely deposited upon the cloth before him, it might have showered upon him in scalding streams, for a "Thank you" to Anne was so unusual as to be absolutely startling. It made her duties through that meal seem almost pleasant, although Miss Simpkins complained that the tea was slop, and Mr. Brown said it was a pity if he never could get a roast beef he could eat.

Anne's cheeks had grown into the habit of Mr. Schwartze entered

could get a roast beef he could eat.

Anne's cheeks had grown into the habit of burning through the long hours when she served at table. Aunt Holmes was safe out of hearing, and Gladys declined to eat with the boarders, so there was only Anne to face the storming when the cook made mistakes or the marketman failed to bring the best of his stock.

the supernatural edifice of the Faith.

Rev. Father Berry.

If your child is puny, fretful, troubled with glandular swellings, in flamed eyes or sores on the head, face, or body, a course of Ayer's Sarsaparilla is needed to expel the scrotulous humors from the blood. The sooner you begin to give this medicine the better.

Help your children to grow strong and robust by counteracting anything that causes in the left that the face was offen streaked with tears. Father Blossom was a "floor-walker" in a flownthy flowing that he was offen streaked with tears. Father Blossom was an overdressed blonde or working the best of his stock.

There was only one boarder in the house who treated Anne as if she were of more significance than the dust of the earth. That one was Baby Blossom.

Baby Blossom.

Baby Blossom.

Baby Blossom had not learned in the two years of his smiling existence that there are people—overworked, underfed, spiritless with an armful of wood for Miss Simpkins' of open fire.

Master Willie off in a roar of laughter, as within a finely flow of the stairs with an armful of wood for Miss Simpkins' of open fire.

Master Willie off in a roar of laughter, as spiritless that there are people—overworked, underfed, spiritless with an armful of wood for Miss Simpkins' of open fire.

Master Willie off in a roar of laughter, as such as the came to ling up the stairs with an armful of wood for Miss Simpkins' of open fire.

Master Willie off in a roar of laughter, as spiritless with an armful of wood for Miss Simpkins' of open fire.

Master Willie off in a roar of laughter, as such as he was privilege to tread under foot. He had a friendly fashion of the stairs with an armful of wood for Miss Simpkins' of open fire.

One great stick, thumping and bumping down the stairs, had brought impatient industry the stairs was down the stairs, had brought impatient industry the stairs was dead to the stairs was the came to line the two didning of the stairs was the came to line the two didning of the stairs was the came to line

who loved card-parties better than the dimpled baby.
When, through long evenings, Baby Blossom stared lonesomely at the glowworm light near his cradle, Anne used to slip in, away from the cruel shafts of AuntHolmes's tongue, and croon Iullabies as she rocked the little chap to slumber.
Now, upon this night of his arrival, Mr. Schwartze, being a home loving man, not particularly drawn to the beer saloon or the concert hall, roamed about in Mrs. Holmes's would be fashionable boarding house in quest of entertainment.

would be fashionable boarding house in quest of entertainment.

In the parlor Miss Gladys, large and imposing, was languidly entertaining a tall-collared beau. In the sitting room Mrs. Brown, Miss Simkins and Miss Rhodes were discussing the trials of the boarder.

Mr. Schwartze slipped into a warm corner with his paper and tried not to hear. Soon, quiet and sweet above the sharp tault-finding of the ladies, sounded stray bits of a musical lullaby:—

Sleep, little pigeon, and fold your wings, Little blue pigeon with velvet eyes.

Little blue pigeon with velvet eyes.

It was Anne in the "second story-back" lulling Baby Blorsom to sleep. And it was Anne who stepped into the sitting room half an hour later with something almost like happiness in her eyes and exclaimed softly: "I've got him to sleep—the little lamb!" The three ladies stared coldly, and a silence fell upon them.

The three ladies stated coor, if the lupon them.
"I'm sorry about your curtains, Miss Simpkins. I'll get them up to morrow."
"I think it is time," said Miss Simpkins, dryly, and the gladness died out of poor

"I think it is time," said Miss Simpkins, dryly, and the gladness died out of poor Anne's eyes.

"Will you haf this chair by the fire, Miss Anna?" said a sudden voice, and Mr. Schwartze stood looking kindly at her and pointing to his easy chair.

"No, sir; thank you, sir; I've got things to do," said Miss Anne, as she backed out of the room. But what wonder if she dreamed that night of the only soul who, having arrived at years of discretion, had ever regard ed her as a grade above she level of the earthworm.

worm.
Mr. Schwartze, for some obscure reason, took pains to make covert inquiries about this household drudge in the weeks that fol-

Aunt Holmes was to come up here, 1 do's know what she'd say."
She samelled the sweet blossoms hesitating by then closed her lips with a firmness pathetically out of measure. "I don't care, she said. "I'll let em stay. It ain't so drearly when they're herror culous voice from he size on as the reached the lower hall." "No m, not yet."
"Well, what in the name of common sense have you been doing all day? Are those towels ironed, or the curtains up in Miss Simpkins room?"
"The towels are ironed, but"—
There was a lomg pause, for Anne was melitating a further boldness. She continued presently, with a gasp: "Could Gladys put up the curtains? I've got the slumps to clean and fill, and your tray to fail the weight of evidence against the sound of the slow limp at the head of the stairs, he was up the flight from the medical the weight of evidence against the door and blind when the weight of evidence against the weight of evidence against the door and blind when the weight of evidence against the door and blind when the weight of evidence against the door and blind when the weight of evidence against the door and blind when the weight of

open mouthed.

"Casar's ghost!" was all she said, but she harded back the box, and made no remonstrance when Anne ran up the stairs to her dark back chamber, leaving her work in the basement suspended.

basement suspended.

They were trembling fingers that broke the strings and took off the wrappings from the damp, cool box, and when the last waxed papers were folded back and Anne saw the fresh and fragrant flowers she gathered them up and buried her face in them with tears that fell and sparkled dewlike, on their cool, sweet petals.

sweet petals.

There was a sort of choking rapture in her heart when she read on the reverse of Mr. Schwartze's card, in a fine German hand:

The limit of life is brief.
This the red in the red rose leaf;
This the gold in the sunset sky,
This the fold in the sunset sky,
This the flight of a bird on high,
Yet we may fill the space
With such an infinite grace
That the red will vein sall time,
The gold through the ages shine,
And the bird fly switt and straight
To the lilles of God's own gate.

She read it over and over, impressed at first only with a sort of reverence for the man who had "learned off" and written a verse like that.

verse like that.

Then through her mind, which unkindness had made dull and unimaginative by a long process of hardening, there began to creep a lense of the beaut y and comfort of the lines. with such an infinite grace," she repeated to herself, as she stood, a rose on her
breast, that night, ready to wait on the ungracious circle about the dining table. And
when Mr. Brown wrathfully ordered his
plate back to the kitchen, she took it with
almost a smile, feeling, somehow, that however ugly life might be on the outside, there
still lived within, if she ware patient and
good, a something sweet and fair that would
take her, like the bird in the poem, "swift
and straight to the litles of God's own gate."

Even Mr. Schwartze noticed a sort of
transfiguration of her sad, tired face, though
to him she never said a word of acknowledg-

to him she never said a word of acknowleds nent or thanks.

ment or thanks.

Because of her ignorance and a certain sense of awe toward him, she felt she could only thank him for a gift so royal by written words, slowly and carefully wrought.

Night after night, when the lights were dim in the boarding house, Anne toiled over her paper, and the grammar and spellingbook she had borrowed from Willie Brown.

At last the note, written and fastened to Mr. Schwartze's pin cushion, lay waiting his astonished perusal.

stonished perusal.

He read in careful, uneven letters : He read in careful, unversible steels are to tell you how thankful I am to you for the beautiful roses and violets and verse. You could not know how it felt to me to get them, for I couldn't help crying, for it was the first beautiful thing that ever happened to me in my life that I can remember.

Your respected friend,
A. Minton.

It was a week after that time that Will Brown stood on a dark landing of the stairs waiting to make Miss Anne ' jump like a scared cat' as she came toiling up the stairs with an armful of wood for Miss Simpkins' of

the pronounced invalid. She fainted dead

the pronounced invalid. She fainted det daway.

"It's a sprain or a break," said Mr. Schwartze briefly, "Lead the way to her room, mees," and he turned authoritatively to Gladys, who meekly sped upstairs and along the hall to the narrow room.

"I go for the doctor while you stay with her here," said the big German; but in his brief glance at the clean, bare room he had seen his drooping roses and violets still tenderly cared for, though withered and brown. There was something very like a mist in the honest eyes of Herr Schwartze as he ran with all speed for the doctor a few doors away.

away. AuntHolmes irritabely jerked her imposing AuntHolmes irritabely jerked her imposing person from the luxuries of the sick room, and tried in a measure to do Anne's work in the weeks that followed. Unable to accomplish this, even with Gladly's protesting aid, she advertised at last for a servant, and then for two, both of whom worked industriously filling the unpaid "dependent's" place.

In the meantime Miss Anne herself lay quiet and alone in her cold little room. Yet she was neither celd nor lonely, for down in her heart burned a new gladness, hardly defined or recognized, yet filling her solitude with music, and all the space about her with warmth and comfort.

with music, and all the space about her with waruth and comfort.

There were fresh carnations by her bedside always now, and under her pillow a precious store of the messages—kind inquiries and good wishes—all written in a slanting German hand.

When she could sit up she borrowed a warm wrap of Gladys and spent her time peacefully darning and mending for the cousin and aunt below. When Aunt Holmes raged against the time it took to mend broken ankles, Anne only said, with a strange gleam of gladness: "The doctor says I can hobble downstairs in a week or so."

And although that meant taking up the old life speedily, the life of abuse and hardship, there was one thought that overbalanced all else—the thought that down in the common ground of the sitting room she might see the honest, friendly face that for her held all the light in the big, gray world.

It was dusk of a chilly evening, and the

Ignt in the big, gray world.

It was dusk of a chilly evening, and the boarders had not yet gathered about the friendly fire downstairs, when Mrs. Holmes's petulant voice shrilled out: "If you're ever going to come down Anne Minton, you'd as well come now. Guess you're as able to slave as we are, and the sittin'-room lamps want lightin."

melted for you, beholting your patience and loving service to all, who loved you none at all in return."

In his heat and earnestness Herr Schwartze's talk grew more and more broken, but Anne understood him, and her pale cheek flashed. She steadied herself with one hand against the door, and seeing this, he led her to the big chair by the fire, so carefully, so tenderly, that quiet tears gleamed again in her great dark eyes.

Herr Schwartze looked at her a moment, then held out a strong, impulsive hand. 'I had not much to offer you, but what I haf and am iss yours,' he said. 'Will you take it, my good Mees Anna? This hand knows how to work for those it loves, and you I love; yes, dearly, dearly. 'When Aunt Holmes, drawn by some deep instinct, softly opened the sitting room door she nearly fainted at the sight she saw. Anne Anne, the dull, the incapable, holding Herr Schwartze's ample hand, and looking as if all the sparkles of the stars had stolen into her eyes.

"What does this mean, Mr, Schwartze,

all the sparkies of the stars had stolen his bre eyes.

"What does this mean, Mr. Schwartze, Anne?" she demanded in righteous wrath. Mr. Schwartze, made her his gravest bow, though his face was radiant.

"It means, my dear madam, that Mees Anna here iss tomorrow my wife, and we go out to build our home place together."

And the audacious boarder, before her very eyes, laid a protecting hand upon the head of Miss Anne, the dependent.—New York Tribune.

### CHATS WITH YOUNG MEN

rank in society, nor pleasure, but a come possessed of it. To that end he and will avoid whatever tends to pre vent him from reaching it. He will will soon entircle your brow. seek it as the truest riches.

2. "The seat in the church presup

principles are necessary, for they are the rules of action, and without them

They live in Halls—(Hire a hall is a the rules of action, and without them the young man would be building without compass or square or level.

The best of principles are contained in the Ten Commandments and the Sermon on the Mount. These are condensed into the two great command-

ments mentioned by Christ : "Thou shalt love the Lord thy God with thy whole heart, with all thy

mind, with all thy strength."
"Thou shalt love thy neighbor as The latter principle is expressed in

ther words in the Golden Rule-" Do unto others as you would have others do unto you.

The fundamental principle in the striving for a noble character is the mastery of selfishness—the conquest of willfulness, the subjugation of the senses and the control of the lower appetites. But that principle expands why into these traits:
1. Reverence. This quality be-

stows respect for authority-docility to the prize. the Creator, to parents, to employers, pastors, to civil officials, and to all others who are entitled to obedience. Truthfulness. This characteris-

to be a man of honor, whose word is good will drinking or smoking do you always worth 100 per cent, and will be in the long run? In five years, then,

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taken at its full value before other you will have the 'M' easily. Have you

money debts, but also to all his other what is Casar's. He cannot be bribed, nor bullied, nor cajoled. His rectitude

obligations. He will render to Casar are worth something, at least when you are a 'dead duck.'

4. "When you take up a job, no matnor bullied, nor cajoled. His rectitude knows no bend.

the opposite of quarrelsomeness. It counsels peace. It avoids anger, irritability, nagging, cutting remarks, up to the handle. You will be a good cruel jokes, unkindness of speech, a disposition to offend.

Purity. This virtue respects childhood, cherishes innocence, protects the laborer. If you have a trade, don't be weak, is clean of mind as well as of heart, a botch. Be a first class man at your

American frient."

"How good you are!" said Anne, and all the story of her gratefulness, her new zest in life, seemed to breathe in the words. "I—I never was happy before! I never had a friend, I didn't know what it was to"—And then she stopped, confused, and quick tears welled to her eyes.

"You haf been what they call the unterdog in the fight," he said. "I haf seen it. I haf watched. I know! And my heart hass melted for you, beholting your patience and loving service to all, who loved you none at all in return."

weak, is clean of mind as well as of image in and clean of speech as well as of image in attention. It dominates the animal in man. To preserve it he becomes temperate, even abstemious.

Trust in Providence. This trait makes its possessor content with his lot in life, without giving up all ambition to better his condition, especially if other persons are dependent upon him. But it removes inquietude of mind, fretfulness, grumbling and ally if other persons are dependent upon him. But it removes inquietude of mind, fretfulness, grumbling and too. Never mind her now. He envy of others' prosperity. It puts its | doesn't want a lawyer or a doctor for

treasures above the earth. Given, therefore, a young man who is docile, veracious, honest, considerate, chaste and contented, and the about — a sober, pure, honest, upstrong foundations for a noble charight fellow, with a grammar school strong foundations for a noble character are seen in the concrete.

The Rev. H. F. Kinnerney says "Save \$1,000 before you dare to talk out loud." And he gives these points as to how to get that amount:
1. "Take the late Bishop Hen

dricken's advice: 'If you wish to start on the right road to wealth, hire start on the right road to weath, never a seat in the church.' Do you hear it? Strange, is it not? Well, dear young friends, have you ever tried yet? Have you pondered over all that the 'seat in the church' really means? Did you ever hear of a Catholic who got honorably rich without a seat in the church? I have lived in New England with my eyes open for forty years, and I must candidly admit that I never knew a good Catholic to be in the church. But remember that you are to do all that a seat in the load it with victuals or drink or work. electrocution chair for all human oble character, he will desire to be passion! Turkish bath! Electrocution chair! Strange words, but still true, vill consider the means to attain it for what else under the sun does a sea in church imply? Try it, and the 'M

poses a great many things, especially a home—'Home, home, sweet, sweet In the development of character, home.' Have our young men homes in byword with some truths in it) -on the street corners, in the pool room, in the saloon, in fact it may be said of them that they 'hang out' almost anywhere except at home. I never knew a man who got rich in a hall; I never knew a man who got rich on a street corner; I never knew a man who got rich playing pool, cards or billiards, or by chewing tobacco or smoking How many of your waking hours do you spend in your homes? Rover and you are in the house the same length of time, only that Rover is in nights, while you perform the part of Joe Porter's cat-' you are out nights. What sort of a room have you? furnished neatly and cheaply? Have you a writing desk, with ink and paper? Have you a neat little collection of books? The village boys have always conquered our city lads, and why? Because they had homes such as I describe. When matured they come to the city, and they always win "You must cultive a saving dis

position and be industrious. Indus try always finds it reward. Count your wages by the year-you are earntic makes the young man hate false-hood in all its shapes—exaggeration or its opposite, equivocation, subterfuge or mental reservation. It raises him to be a man of known that the same are the false in the same are the same ar

men's bonds.

3. Integrity. An honest man is still the noblest work of God, but his probity must extend not only to h's association. This will teach you how to save, and, besides, you will feel you

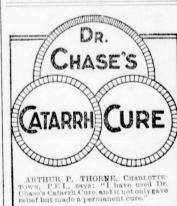
nows no bend.

4. Gentleness. This disposition is per opposite of quarrelsomeness. It be master of my work. If in a factory, printer, a good dyer, a good bleacher, a good blacksmith, a good carpenter, a good weaver, even a good handy trade, and you will always be in de mand, even in dull times. Good work-men are never idle. Their employers can not afford to let such men go. In fine, remember the seat in the church. Look around you. Near you there sits an old fellow with a bald head. He is worth \$50,000. He wants you

his son in law; she does not want either education; a hard working, industrious, saving kind of a man; a fellow that can govern the territory under the rim of his own hat ; she wants this kind of a chap, too. There's fifty
'Ms' for you in a jiffy. Thus both you and M(ary) will see your children's children to the third and fourth generation, and if you gain not a place in the annals of fame, your neighbors at least will always remember you as a Vir Probus - An Honest Man, the noblest work of God.

### Be Good To Yourself.

The Medical and Surgical Reporter gives the following practical advice: "Think deliberately of the house you live in—your body. Make up your come wealthy without having a seat ing that will hurt it. Wear nothing that distorts or pains it. Do not over When a young man studies the problem of life and reaches the wise conclusion that the best thing in the conclusion that the best thing in the problem of life and reaches the wise conclusion that the best thing in the conclusion that the best thing in the devil; once a week it is to be an against it. If you feel the first symptomic to wash out the world, the flesh and the devil; once a week it is to be an against it. If you feel the first symptomic than the local it with victuals or drink of work. toms, give yourself heroic treatment Get into a fine glow of heat by exercise. This is the only body you will have in this world. Study deeply and diligently the structure of it, the laws that govern it, the pains and penalty that will surely follow a violation of every law of life and health.



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