

## CHATS WITH YOUNG MEN

## AUTOMATIC SELF-CONTROL

When the piano player first begins to practice, he spends an enormous amount of energy and mental force in thinking out every movement separately and using his will power in making it; but a Paderewski, through many years of practice, has made his movements so automatic that he can play very complicated compositions and still be thinking of something else. His brain and nerves have been so trained that they make lightning movements with scarcely a thought or effort of the will.

Character building is like piano playing. The art of all arts is to train the mind that just as many as possible of the mental processes which are absolutely necessary to our well-being shall be automatic. The great thing is to establish right habits which will be exercised automatically.

It does not take very long to establish a right habit, and if it is encouraged, it will serve us a lifetime.

There are a few life habits which, if formed early and established thoroughly, will change the whole career.

If the child is taught to do everything to a finish, to stamp superiority upon everything before it goes out of his hands, and to be truthful and industrious, his whole life afterwards will be powerfully influenced without much thought or effort of will power.

Strong characters usually form early habits which persist through life, and which make living and efficiency comparatively easy.

Habits are our best friends, our worst enemies. The slothful habit, the habit of half doing things, the lazy habit, the deceitful habit, early formed, often lead straight to the penitentiary.

What a blessed boon for a man to be able, automatically, to deny himself all harmful, hurtful indulgences, which, as a youth, he has with battles with himself to keep away from.

At first, the temptation to stay away from school to run away from work and duty, were so fascinating that it was only by a great effort of the will that he was able to overcome them. But when he was more faithful in forming these self-betterment habits, he found that we can turn to our duty, away from all seductive allurements almost without effort.

This saving us a vast amount of mental energy, a vast amount of wear and tear in trying to force ourselves, on every occasion, to give up that which tempts us.

If we have acquired our life habits wisely, so that self-denial of everything that will hurt us has become automatic, we are left free to devote all our energies and attention to the essentials in our career.

Is there anything grander in this world than a human being who has become a master of himself that he will always obey reason, who has such superb control of himself that he never allows the brute in him to usurp the throne while the man abides in a fit of passion?

How little many rich parents realize what it means to let their children grow up without learning the art of self-mastery. How cruel to the child and how dangerous to society!

The danger of an uncontrolled temper is multiplied many times by great wealth and the multitude of temptations, and the dissipation which so often accompanies it. Self-indulgence would ruin the ability for self-control even of those who are well trained; but what of the young man who has always been pampered, and who scarcely knows the meaning of self-restraint?

Pulse of character mental balance, indicate that a man is completely self-mastery himself that his acts follow his will, not his passion, that he is not at the mercy of his explosive temper.

What a superb sense of power and confidence a man has who is conscious that he has mastered himself, who knows that he is not liable to go to pieces at the slightest irritation, but is able, under the greatest provocation, to keep his self-poise!

A great purpose is a tremendous protector, a shield from a thousand temptations of which those without aim are likely to be the victims. Being human, one would like to do this, or would enjoy doing that, but his all absorbing ambition holds him steadily to his aim. He will not swerve this way or that for fleeting pleasure or temporary ease, because he sees something infinitely grander beyond.

The imagination is very vivid in the idler, and suggests a great many things with peculiar fascination and vividness which make very little impression on the hard worker, the enthusiastic, absorbed person. The dead-in-the-ear man, who is trying to make the most of himself, automatically rejects the little

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things which are ever suggesting pleasure, ease, comfort, because he sees something so much greater and grander in the pursuit of his aim. The explosive power of the greater ambition shuts them out of the life, while to the idle man, or the man who is not fast bound to a great ambition, these temptations come with peculiar power.

## THE DEPRESSING INFLUENCE OF FAILURE TO GET ON

Many people are so constituted that their entire effectiveness and efficiency depend upon their prosperity. They can do a tremendous amount of work under the stimulus of success and promise. If they feel that they are getting on, advancing, they are courageous, resourceful, inventive, original; but when they feel that they are going backwards, even if through no fault of their own, they become depressed, lose heart; their courage and enthusiasm evaporate; when failure stares them in the face, hope dies out and everything drops; the wind seems to go completely out of their sails, and they wilt and flap.

One of the most dangerous things for those who are in the clutches of discouragement is the paralysis of effort often produced by failure.

It is easy for those who are spending all their energy when we see that our blows are telling, we can continue to swing the hammer. Few people are so constituted that they can do their best work in an apparently hopeless cause. But it is hard to work with enthusiasm and courage when everything seems to be going against us, when we can see no light ahead, no encouragement. The temptation in those trying periods of discouragement is always to give up trying, and to think that perhaps we have made a mistake in our ambition, and that it might be better to try something else.

There are, however, some stalwart souls who never discover their greatest power until everything has gone against them, until they have been stripped of everything that most people struggle for.

There are numberless people in the failure ranks to-day, who, if they could only retain the courage they lost when reverses came, would soon get on their feet again. But they can not work in a discouraging atmosphere, they can not struggle without hope, without seeing something ahead.

It is a great thing to cultivate optimism, a spirit of hopefulness, no matter how black or threatening the outlook. When a man has lost hope, there is little else left for him. But if he still keeps a close grip upon himself, if he keeps his hope bright, no matter if everything else is swept away from him, he has a fair chance of recovering.

It is easy for those who are making money, who are successful, to give advice to those who are down. It is easy for them to tell what they would do if they were to exchange places with those who seem unable to get a start in the world. But they do not take into consideration the difference between the feeling engendered by success and that produced by failure, the difference between the stimulus of their successful environment, and the depressing atmosphere of failure.

Success is itself a powerful tonic. It is easy to persist, to press on, when we feel its thrill, when everything seems to come our way.

It is comparatively easy to be cheerful, hopeful and brave, to forge ahead, to work with vim, buoyancy and abounding enthusiasm, when we are successful, when everything favors us.

Success buoy up the mind and increases enthusiasm wonderfully. The consciousness of progress, of getting on in the world stimulates the whole nature turns drudgery into delight. Hope is a powerful producer, because the faculties give out the best under the greatest inducement.

But when we are in the atmosphere of discouragement and failure, when our environment is stifling to growth, is poverty-stricken, permeated with the very suggestion of failure and of want, when the way is so dark that we can not see, when hope is shut out from view, then it takes a man of sterling qualities to persist, to keep up heart and courage and cheerfulness, and press on to his goal.

When we are struggling conscientiously and with all our might to improve our condition, to keep our heads above water, when failure and poverty and afflictions and sorrows confront us, and we see the years slip by without any improvement or better prospects, it takes a stout heart to keep plodding on with the same courage and enthusiasm as though we were advancing rapidly.

This is the very time that tests our stamina and grit and courage. What we do then shows the stuff we are made of. What we do when defeat stares us in the face is the real test of character.

Watch a man when he is down, when everything has been swept away from him. See what he will do after his failure. This will give you the measure of the man.

It is a rare character that persists when others give up.

## A HAIR-TRIGGER CONSTITUTION

Some one has said that animals have a hair-trigger constitution. They go off on the slightest provocation, because they act from impulse. They do not know how to control themselves; the animal instinct dominates.

Self-control is the first condition of all achievement. It is said that the first sign of insanity is the loss of self-control. When a person is no longer the master of his own acts, he is not only in danger, but any degree of achievement is impossible to him.

Everything tends to result in an act, so that thought always leads. The mental attitude at any moment is the pattern which the life processes weave. The lives of many of us are grotesque crazy quilts.—Success.

## OUR BOYS AND GIRLS

To Our Lady of the Rosary

Give me a rose, my Mother,—  
A rose, I pray,—  
Out of your lady's garden  
All fresh to-day;  
Upon the scented petals  
Your blessing lay,  
Ah, give me, dearest Mother,  
A rose, pray!

What color will the rose be,  
O Mother bright?  
Argent as moon, that shineth  
In summer night?  
White as your soul, O Mary,—  
Unspotted white?  
Yes, give me, sweetest Mother,  
A rose all white.

Or will the petals, Mother,  
Be crimson dyed?  
Like the deep red that flowed from  
Your Son's chaste side—  
Red as your great compassion,  
That ebbsless tide?  
Give me this rose, my Mother,—  
Deep crimson dyed!

Another rose, my Mother,—  
A rose of gold,  
Each petal a ray of glory,—  
The story told  
Of the light of the Sun of Justice,  
Your hand doth hold.  
But, oh, not yet may you give me  
Your rose of gold!

Two roses, white and crimson,  
Of your fair grace,  
Give to my bosom's keeping,  
And bid me trace  
In purity and penance,  
With steadfast gaze  
The way to the unveiled splendor  
Of Jesus' face:  
The golden rose that is not  
Of time or space.

THE VALUE OF SILENCE

It is to be regretted among the dozen and one unnecessary things which the modern girl is not added to the list that most necessary thing for a girl to learn—the art of silence.

It should be taught in every school and every home, for the absolute frankness of the modern girl is shocking. No emotion is so sacred that she will not analyze and discuss it; no family eccentricity so queer that she will not drag it forth for the delectation of her immediate clique of friends; no fact so private or so important that she will not throw it to the winds.

It seems to be the established fashion nowadays to discuss everything, even one's own mother, with the most startling frankness. So universal is this habit that one looks in vain for a girl who has the nice distinction to be silent on certain subjects, and if by chance and much seeking a girl is found who refuses to share her heart secrets with every fleeting friend, she is considered positively queer.

But it is a queerest that more girls should possess. Silence is a tremendous power in this day of talkative women. Besides, it is infinitely nicer to have some depths which every passing acquaintance has not sounded. The girl who confides to you the story of her past flirtations and the secret hope her heart is set upon the second day of your acquaintance will soon bore you if she does not actually disgust you.

There is no subject in the world that cannot be discussed with propriety with the right person and under the right conditions. But few girls seem to possess the eye of discrimination for these two facts. On the contrary, they frequently seem rather to pride themselves on discussing the wrong subject with the wrong person.



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Girls should be trained to a nice discrimination about the things that they may tell. Witty, amusing absurdities, which have no touch of malice, are delicious when told; a bitter experience, which points a lesson to the person who sorely needs it, may be occasionally recounted without regret, but the dragging forth of ugly and unpleasant experiences, and the maudlin recounting of sentimental episodes, the jabbering and rebuilding, for they are always added to in the telling, of misunderstandings between mutual friends, cannot be too strongly condemned.

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One mother whose daughter was getting the habit of stooping used to have her lie flat on her back without a pillow, for an hour each day while she read to her out of some interesting book. In a little while she was as straight as need be, and a picture of health and strength.

In some countries the women carry pails, tubs and heavy loads upon their heads—this keeps them erect. Throwing back the arms is another means of keeping straight. Remember you may add years to your life by standing up straight; and you may not only have a longer life, but a stronger, broader, deeper, happier, and more useful life if you go about with head erect, chest expanded, and lungs well developed, with rosy cheeks and fresh complexion than if you go about bent over, cramped up, stooping, flat chested, sallow, nervous and miserable.

Remember, "God made man upright."—True Voice.

## SCHOOLBOY MISTAKES

The following list of amusing mistakes made by British schoolboys in their examination papers is compiled by The University Correspondent.

Iron is grown in large quantities for manufacturing purposes in South France.

The sun never sets on British possessions because the sun sets in the west, and our colonies are in the north, south, and east.

Asked to explain what a buttress is, one boy replied, "A woman who makes butter," and another, "A female butcher."

Teacher's dictation: His choler rose to such a height that passion well-nigh choked him. Pupil's reproduction: His collar rose to such a height that fashion well-nigh choked him.

Laid on The Shelf

Among the lies against the Catholic Church which all intelligent men, including Protestant and infidel recognize as unfounded beyond resurrection are the following. Only recently Mr. Le

Sievré, the secretary of the Protestant Press Bureau in "The Protestant Treasury" definitely withdrew them from circulation and officially proclaimed them dead.

"St. Augustine's supposed protest against Auricular Confession; the Jesuit Oath; the extravagant number of Huguenots slain in the Bartholomew Massacre; the American historian Motley's statement that the Inquisition in 1568 sentenced all the inhabitants of the Netherlands to death as heretics; the 'Monita Secreta,' or secret instruction of the Jesuits; the Bishop Strummay's alleged speech before the Vatican Council denouncing the Papacy."—Freeman's Journal

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Let us become strong, for the great evil of this day is weakness.—Lacordaire.



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Opinions differ on this subject, and many arguments both pro and con are advanced daily. We do know, however, that the old saying, "Oh, the Player Piano is purely mechanical," has been shelved, and exclamations of surprise greet the performer of the up-to-date instrument.

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you are able to produce all that is possible in music, and whether you are playing a List Concerto or a simple melody, or an accompaniment to an accomplished singer, the work is above criticism.

We will be pleased to give you full particulars about the New Scale Williams Player Piano, and if there is no dealer in your locality will arrange to supply you direct from the factory. Ask about our extended payment plan.

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They will give better and longer service  
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most improved methods of building lines, operating, selection of materials, etc.

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It changes hard, health-destroying work into a pleasant pastime. And it actually heaps up dollars in the bank because it saves money.

A child can work the Ideal Power Washer—the machine is simplicity itself.

The Ideal will save any housewife enough actual cash to pay for itself in less than six months. Ask your dealer about it to-day.

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