JUNE 7, 1918

## CHATS WITH YOUNG MEN

### **BEGIN NOW**

Every young man should begin to prepare for the time when he will be old and unable to earn his liv-

ing: Next to the certainty of death is the positive knowledge that old age will come to us all. Survival of the fittest is one in-

exortable law of business as of nature.

You may be young or in your prime now; you may to day be a valuable asset to your employer, but time is gradually pushing you along toward that inevitable day when your weakened muscles and impaired brain must make way for youth and vigor.

You cannot afford to deceive yourtime, the savings bank or the pru-dently conducted building and loan self with the delusion that because you are young or in your prime, you society will prove to be an excellent friend.

have plenty of time yet. Take home to yourself this thought: "What is to become of me when I am no longer able to earn row. money by my brain or bodily labour ?

Perhaps you do not know

That only one man in 10.000 is self-supporting at the age of seventy? That in the United States there are now 1,125,000 former wageearners sixty-five years of age or more who are dependent upon pub-lic and private charity at the cost of common in early or middle life, when the nervous system is most \$220,000,000 ?

That there are 300,000 old men and women in homes whose upkeep costs \$50,000,000 annually ? President Insul, of the Common-

wealth Edison Company, Chicago, is quoted as saying recently :

"We live in an age when a salary means only bread and butter and a caused by actual overwork. Some times it means, in old-fashioned place to sleep. What will happen when we grow old? We will be phrase, that "the candle is being burned at both ends." Only very penniless and homeless if we con-tinue as we are going. We must each day, each week, meet not only strong people can work hard and keep late hours as well. The man of average physical powers must make our current expenses but also the up his mind to devote himself to his expenses of some future time."

The above are facts that cannot be healthful occupation outdoors. As a means of rest and amusement for ignored. They are cold hard facts which only a fool will deny. It is a condition which exists and which the tired business or professional man nothing is better than a confronts you and every other man. quiet game of golf-not taken too ser-Your future will not take care of iously.

itself. It is entirely up to you whether in your old age you live in your own home surrounded by comfort, or whether you starve or are compelled to live on charity. The solution is simple and is

this :

First : You must save, if only a little, out of your present earnings, and

Second : and of equal importance, you must get the most put of your savings.

#### ON SAVING MONEY

Saving money means that you set aside so much a day, a week or a month from your regular earnings. In other words, in order to save money, you must spend less than girl. you make.

How you are to do this, and how much you can save, is a matter of individual choice, or individual cir-

self the many signs of overstrain, and there are few so driven by cir-We will assume that you realize the importance of saving and want cumstances that they cannot, if they to save. This naturally suggests the savings bank as the place in coming trouble. Let up on the daily task, be continent and temperwhich to deposit your savings. And you select the savings bank for three ate, go out for an hour or two in the reasons :

First : Because you have an inmonth's vacation.-Catholic Colum centive to save by making a regular weekly deposit.

Second : Because the bank holds your savings and you have no tempthe "old woman." Fathers mothers are a necessity in the tation to spend the money as you would have if you were carrying it

Through custom and through adwhich they could hang even a small vertising the savings banks have compliment. become the recognized place in which to place savings and surplus Don't give all your attention to the education of the brains on the money. outside of your head. Football hair

NERVOUS PROSTRATION

Nervous prostration is a more or

less complete collapse of the nervous system. It occurs when the sufferer

has urged himself beyond the limit

of his nervous endurance. It is most

constantly taxed. When it occurs in

the very young, excessive work at

and get his recreation in

DON'TS FOR YOUNG MEN

system.

too severe.

'It is all right to put money into and a letter on your jersey are not a sufficient training for life. The young fellow who is old fashioned enough to go to school for study still has a place in the world. savings bank. But after your ac count shows from \$100 to \$500,' says a financier, "you would do well to invest it in stocks, or bonds, or other productive investments that will bring you in more than 3 or 4 Don't invest your nickel in a glass of beer, then afterwards criticise the per cent. a year. "Banks are all right for children other fellow who has invested his

nickel in a savings bank. Beer checks and savings bank checks as for people who want their full share of what their money will earn, in-vestments can be made, under skillan investment are not in the same Don't put the money of your tailor ful advice, that will bring in from  $4\frac{1}{2}$ to 6 or more per cent."

and your washerwoman in \$5 opera and \$2 theatre tickets. They may prefer to spend their earnings in This feature of frugality every young man can consider for himself, especially after he has accumulated some other way. Don't defile your tongue with profane and vulgar speech, revealing ignorance and showing the coarse several hundred dollars. Up to that

ness of your soul.-Boston Pilot.

OUR BOYS AND GIRLS Save to day and let the question of investment wait until to-mor THE GREENBACK KID

He came into the Greenback min ng camp one afternoon on the stage having paid his fare by helping the driver change the horses at the stanottions. Though only a boy, his fac wore a seriousness of manhood, and the crows' feet in the corners of his eyes told of the hardships of the mines. He was short and broad of build, with a solid, muscular breadth, heed. and not a fat, dumpy stoutness. His father had been killed in a

school is usually the cause. When it comes on later in life it is because dynamite explosion at the "Silver the struggle for existence is proving Bell," and the mother had died of fever soon after. The men had kicked and cuffed him around like a The breakdown is not always stray dog over there, and he had come to Greenback in search of work.

"A kid around a mine is as useless as a hole in a doughnut," Simpson, the foreman, told him when he approached that worthy; but still indaunted, the boy looked up Hudson, the big superintendent, and was more successful. The lad was given a job sorting ore on the dump, pick ing "pay rock," from the waste ; and in this he earned enough to pay for his board and the rough clothes he

wore. His name was Rodney Harris. Nervous prostration does not de-clare itself without warning. There are many danger signals. It may be out he was known to the miners as the "Greenback Kid," or just "Kid." He got along well with all the men no longer possible to accomplish the except Simpson, the foreman, who usual quantity or quality of work benever let an opportunity slip to curse cause of impaired memory or loss of and abuse him. Simpson was con-stantly assigning the lad tasks which the power of concentration ; peevish in point of the state of the st he really was not required to do, but which he did cheerfully out of the bigness of his boyish heart, and

headache may return each day at about the same time—that is to say, always with a smile. One of those side duties was to One of those side duties was to take the foreman his breakfast; and one morning when he went up to the ward to pick them up and get them as soon as a certain degree of fatigue one morning when he went up to the cabin and awoke the miner, he found out of the further danger. Simpson is reached; there may be nervous indigestion and the simplest food may cause distress. In some cases nim ill. The big fellow ate only a was hurt a little and was soon on ittle breakfast and ordered the boy his feet, but the boy was buried and the mental depression is so great that a strong man at the least proto the "Dew Drop Inn" saloon for a the blood flowed from a cut on his lask of whisky. vocation will burst into tears like ;

Rodney refused to go. He had gained his consciousness, and when Most cases of nervous prostration promised his mother he would never he opened his eyes a half a hundred enter a saloon, and he intended to men were standing about him, all could have been prevented if taken in time. The ordinary man is inceep his word. telligent enough to encourage in him This enraged the foreman, who

lrove the boy from the cabin, declarng he would discharge him, and nurling a boot after him as he made his escape through the door. A little later the foreman secured his liquor choose, relax a little and evade the through a roustabout, and after frinking heavily, he fell into a heavy morning, or take a fortnight or a sleep. All this occurred one day in the early spring about a month after Rodney's arrival at the mine. The

north wind had turned soft and warm; but the snow was still piled deep on tain of snow and so deep that all the Don't speak of the "old gent" and he "old woman." Fathers and the mountain and on Preston Peak, miners in the camp couldn't have at whose foot Greenback was nestled. dug me out in a year nres On the aft on of that de

lives.'

debris.

quired.

of the avalanche.



**GILLETT'S** PERFUMED GILLETT'S LYE EATS DIRT" For cleaning and disinfect-ILLETT'S ing-For softening water-For disinfecting closets. drains and sinks-and 500 other purposes.

occustomed to dangers, there was yet their life will haunt them; they not one but whose heart sank at the thought of the big foreman in the see that they have given their years to the service of the devil instead of doomed cabin. Was there one among them who would go to the rescue? the service of God, and they are not without fear. It was one chance in ten thousand.

The end of many drunkards is If the slide would hold for a few eternal damnation. Drunkards minutes, he might be saved ; if it did

of God." (1 Cor. vi., 10). There is Some one rushed suddenly from nothing more to be said. The Apostle declares solemnly that the the crowd. "The Kid ! The Kid !" hoarse voice should. They vainly tried to stop him. They should for him to return, but he paid no kingdom of God is not for the slaves of their depraved appetites. Our own reason would teach us the same even if the Apostle had not spoken Up, up he climbed, into the very so clearly. The life of a drunkard is a life of sin—can we then suppose jaws of death, with the gravel rattling and rolling under his feet, and the

that the gates of heaven stand open snow slipping under his feet, gently, treacherously. The watchers below continually to invite such a one to enter? You can not suppose this held their breath and waited. for a moment ; your own good sense must tell you the contrary. For He reached the cabin and tugged viciously at the door, which refused to open. Finally, he tore it from its such a one there can be nothing but eternal ruin.

hinges, and rushed in. Shortly he appeared at the door supporting the We have looked into the beginning, the progress, and the ultimate goal of the drunkard's career. God grant limp and intoxicated foreman. The crowd cheered lustily. The boy shouted into the ear of that you receive a true horror of the vice of intemperance; and that each the dazed miner and when he looked out, he understood. Impending danger sobered him and he straight. one of you will take heed lest your heart be overcharged with drunkenened up. The boy clinched him tightly by the arm and started down ness. Take the advice of the apostle: "Be not drunk with wine" ness. (Ephes. v. 18). If you are concerned the slope, tugging and pulling with about your temporal and eternal all his strength, and wading knee welfare you will be on When half way down, the slide broke with a deafening roar, and guard against excess in drink and will entirely avoid strong drinks, such as whisky. There is hurled its millions of tons of snow nothing wrong in taking drink in and earth upon the camp. The cabin was swallowed up instantly, and the moderation, but if you find in taking it a craving for strong drink, be on boy and man were caught in the van your guard, for you are in great danger, and total abstinence may be of the whirl. They were lifted high, buffeted, tossed, and thrown com-pletely over the mill, the wall of which held the snow and saved them, the only salvation for you. The less frequently you are seen in drinking places the better it will be for your as they were shot far out across the good name, your health, and your eternal salvation. Do not follow the example of some young men who spend their last penny in drink, sit in the saloon half of the night indulging in evil conversation, gamb ling and drunkenness. Do not let head. It was some time till he reyour companions induce you to drink when you do not care for more; never treat or be treated. This latter rule would save the majority of those that in time become drunk waiting anxiously, almost breathlessly, for the dormant spark of life to return. Simpson had both the ards. If you want a drink, pay for it yourself. Be on your guard boy's hands in his own big palms,

'Yes, Sir, and it

was simple as A, B,

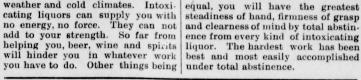
C. All the material

was shipped to me

in bundles, every

against associating with young men that are given to over indulgence; evil companions corrupt good morals. NEITHER WARMS NOR STRENGTHENS

Intoxicating liquor cannot warm ou, says Norman Kerr, M. There is no greater fallacy than the common mistake of supposing that because you feel hotter after drinking strong drink you are really warmer. The truth is that in this, as with regard to nourishment; alco It makes you feel hol is a deceiver. warmer while it actually makes you cooler. It robs you of heat, and while the stolen property is being hurried through the skin, the skin is heated, as you feel in the alcohol flushing of the face. Dangerous as intoxicating drinks are everywhere they are especially perilous in cold weather and cold climates. Intoxi-



# WOODWARD'S GRIPE WATER The Great British Remedy for Infants and Young Children.

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think of being without it. I have been living in Canada where I could always get it; and I have now come to live in Florida. If I can not get it here I shall have to send to Canada every-time I want it. I recommend it to everyone with babies. Yours truly, MRS. ROTHERY, Tampa, Florida.

Tampa, Florida.

value, I sent 6 cents

to cover the postage

of the free plan book. I had no

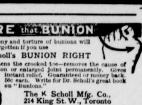
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A Good Used Piano



around in your pocket, and Third : You receive interest on your deposits.



That's all right," Rodney answer ent system of things. They have was consternation in the camp. The ed, "I only did what any of the miners would have done." spoken respectfully of you when out-siders could not see anything on big brass gong at the superintendent's office suddenly clanged out loud and

calling the men from the mine to get

up, and to prevent them from being ouried like rats. He rushed down

the trail to the bunk house and

of the valley below the camp.

routed out the sleeping men, as half

"You're wrong, sonny, interrupted shrill as it always did when there Hudson, the superintendent ; "we all was a fire or a serious accident. had the chance you had, but wouldn't Almost instantly, blue and red-shirted miners, bare of head and take it.'

and

"That's right," chorused the crowd. with boots unlaced, fled out of the "The Kid is the pluckiest one in the bunk house and cabin. From up in camp." "And I want to repay you, my boy," the canon came a roar and a crash as

of a hurricane tearing the forest. continued Simpson, chokingly, still earth trembled and the mounholding Rodney's hands. "How can "It's a slide," cried the superin-tendent. "There's a big snow slide on Preston's Peak! Run for your I do it ?'

deep through spongy snow.

"Just be my friend," answered the boy simply. "With all my heart," the miner re-

lives." Then he ran up the hill to the shaft house to give the alarm, plied, squeezing hard the boy's hands. "From this time we're pards, never to play quits." And they never did.—Catholic Sun. them out before the shaft was covered

lowered his weather-beaten,

work-hardened face till it almost

"Thank God," spoke the big miner,

"the boy breathes again ! I want to

be the first to thank you, lad, for

what you have done for me this day.

Were it not for you, I would have

been buried deep under that moun-

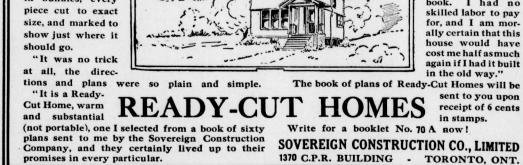
touched the lad's cheek.

# TEMPERANCE

the crew slept during the day and worked at night. He drove them all THE EVIL OF DRUNKENNESS like frightened sheep to the middle The end of the drunkard is in many cases an unhappy death. Death Then came the slide. Half Pres-ton's Peak broke from its apex and him suddenly, often overtakes writes Rev. Joseph Schuen in Sacred slipped down leaving a great deep Heart Review. There is no other vice that so frequently brings on an red scar. At first it moved gently and easily; then it jumped and unexpected death as the leaped. Towering pine trees broke drunkenness. Some are frozen to death whilst they are intoxicated, others fall into the water and drown, and snapped like twigs or were twisted like straws under the avalanche of snow and earth. The cabin and buildings of the upper others are killed in a brawl or by accident. If you examine the statiscabin and buildings of the upper accident. If you examine the statis-part of the camp were crushed and crumbled and rolled under the mass find that a very great number of and buried beneath a mountain of those that were killed were drunk ards. Such a death is a terrible

After the first slip had passed, the crowd in the valley looked up and beheld a little cabin, half torn from its foundations, hanging at the base of the avalanche. After the first slip had passed, the act of contrition or of raising one's thoughts to God. Such people die "It's Simpson's cabin," said one. "Simp, Simp ! Where is Simpson ?" impenitent. If they do not die whilst intoxicated, their death still the superintendent anxiously inhas many terrors for them. It may "He's in the cabin asleep !" half a

"He's in the cabin asleep !" half a dozen answered. A shudder ran through the crowd of rough and ready men. Though



1 Entry

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