

CHATS WITH YOUNG MEN.

It is a man's duty to keep all his powers up to such a standard that he can fling himself into his task with the freshness and enthusiasm of which he is capable. Then his work will be his masterpiece. His life will have a meaning. One reason why there is so much inferior work in the world, why so many reputations decline and are snuffed out completely, and why so many fail altogether, is that people do not keep themselves up to such a standard as to be able to produce fresh, powerful work. They go to their tasks with half energy, or perhaps, all with their energy depleted. They have expended it in vicious living, in idleness, vacillation, worry, or some other form of dissipation. Had he the power to analyze the cause of his non-success, many a failure could see these things standing out all over his career;—insufficient sleep, lack of exercise in the open air, change of and irregularity in his method of living.—Success.

No Longer a Question. Every young man wants the best possible equipment for a life which demands more and more every year. It is no longer a question of the reputation befitting an old-fashioned English gentleman—Horace and a bit of Homer. He must know how to hold his own with other men, and to make himself and his religion respected. In a word, he must be "all around."

Mastering the Mind. You didn't think? Why not? Is your mind, which ought to be a trusty servant, getting lazy and careless? Is that so it must be stirred up to do its duty. A mind that can think and won't think ought to be made to think, just like the bird that won't sing, "often that" can sing and hear "sing."

Stop for a moment and put the case to yourself. Here is a servant, the mind, comfortably sheltered from all harm in that small head of yours, and fed every day with the sort of food it needs most—that is, with reading and study, which perhaps you are not so fond of. And what happens? It shrinks its duty shamefully, so that you have to say half a dozen, or even a dozen times a day, "I didn't think."

But we must not throw all the blame on to the mind itself. You are its master and it is your duty to deal your own fault if you don't get into careless, lazy ways. You must keep it stirred up, wide awake. Then it will do its work as it should. And it will be a great deal better for you if you keep it steadily at work, for people have a strange way of laying all the blame on the master, instead of giving part of it to the mind itself. If you are sure that the master is not, and so in the end it is you who have to suffer. And for that very reason you ought to keep a watchful eye on all the powers that serve you.

Step. Pitting yourself and bemoaning your lack of opportunities. Comparing yourself with others to your own disadvantage. Work once in a while and take time to renew your energies. Writing round for chances to turn up. Go and turn them up. Writing letters when the blood is hot, which you may regret later. Thinking that all the good chances and opportunities are gone by.

Thinking of yourself to the exclusion of everything and everybody else. Carping and criticizing. See the best rather than the worst in others. Dreaming that you would be happier in some other place or circumstances. Belittling those whom you envy because you feel that they are superior to yourself.

Dilating on your pains and aches and misfortunes to everyone who will listen to you. Speculating as to what you would do in some one else's place, and do your best in your own. Gazing idly into the future and dreaming about it instead of making the most of the present. Longing for the good things that others have instead of going to work and earning them for yourself.

Looking for opportunities hundreds or thousands of miles away instead of right where you are.—Success. What makes a boy popular? Surely it is manliness. During the war how many schools and colleges followed popular boys whose hearts could be trusted. The boy who respects his mother has leadership in his home. The boy who is careful of his sister is knightly. The boy who will not violate his honor to his own hurt and change not will have the confidence of his feelings. The boy who will never hurt the feelings of any one will one day find himself possessing all sympathy.

If you want to be a popular boy, be too many and generous and unselfish to seek to be popular; be the soul of honesty; love others better than yourself, and people will give you their hearts and try to make you happy. That is what makes a popular boy.

Take the Whole Man to the Task. Only fresh, spontaneous work really counts. If you have to drive yourself to your task, if you have to drag yourself to your work every morning because of exhausted vitality, if you are fatigued or worn-out, if there is any elasticity in your step or movements, your work will partake of your weakness.

Make it a rule to go to your work every morning fresh and vigorous. You can not afford to take hold of the task upon which your life's success rests with the tips of your fingers. You can not afford to bring only a fraction of yourself to your work. You want to go to it a whole man, fresh, strong, and vigorous, so that it will be spontaneous, not forced; buoyant, not heavy. You want to go to your work with creative energy, and originality—possessed of a strong, powerful individuality. If you

go to it with jaded faculties and a sense of lassitude, after a night of sleep or loss of sleep, it will inevitably suffer. Everything you do will bear the impress of weakness, and there is no success or satisfaction in weakness.—Success.

Live Well. An old painter of Siena, after standing for quite a long time in silent meditation before his canvas, with hands crossed meekly on his breast, and head bent reverently low, turned away, saying, "May God forgive me that I did not do it better."

Many people as they come to the close of their life, and look back at what they have done with their opportunities and privileges, and at what they are leaving as their finished work to be their memorial, can only pray with like sadness, "May God forgive me that I did not do it better!"

If there were some art of getting the benefit of our own after-thoughts about life, as we go along, perhaps most of us would live more wisely and more beautifully. It is often said: "If I had my life to live over again, I would live it differently. I would avoid the mistakes which I now see I have made. I would not commit the follies and sins which have so marred my work. I would devote my life with earnestness and intensity to the achievement and attainment of the best things." No one can get his life back to live it a second time, but the young have no occasion to utter such an unavailing wish when they reach the end of their career.

A Success Factor. Thoughts are forces, and the constant affirmation of one's inherent right and power to succeed will change innumerable conditions and unkind environments to favorable ones. If you resolve upon success with energy, you will very soon create a success atmosphere and things will come your way; you will make yourself a success magnet.

"If things would only change!" you cry. What is it that changes things? Wishing, or hustling?—dreaming or working? Can you expect them to change while you merely sit down and wish them to change? How long would it take you to build a house sitting on the foundation and wishing that it would go up? Wishing does not amount to anything unless it is backed by endeavor, determination, and grit.—O. S. M. in Success.

Some Helpful Thoughts. Labor is the law of life. It is the magic sesame, without which neither knowledge nor natural ability can open the door of success.—Bishop O'Connor. If you wish success in life make perseverance your bosom friend, experience your wise counsellor, caution your elder brother and hope your guardian genius.

The only ambition worthy of an immortal soul is the ambition to realize the purpose of God concerning it. Vigilance in watching opportunity; tact and daring in seizing opportunity; force and persistence in crowding opportunity to its utmost possible achievement—these are the martial virtues which command success.—Phelps.

The habit of blaming is looking backward. The endeavor to reach an understanding of the past can never be dissipated, but the threatening storms of the future can generally be set aside with a few words fitly spoken at the proper moment.

The man whose soul is deeply rooted in faith is a man of moral courage, of character. Such a man can hardly be dispensed with. Relatively speaking, he is necessary, for there is need of individual worth.—Rev. Francis Doory.

They who permit themselves to drift on the tides of life are existing to no purpose. Each of us is here with some particular mission to perform. It is the business of each, therefore, to learn that mission and to set about doing it in earnest.

Most of the mistakes of life and its ill-success are sought for without a satisfactory solution. This is due to the fact that the seeker usually look in the strong generally discloses the reason to be that God's blessing has been invoked upon the undertakings.

What the sun is to vegetation, what the beauties of nature are to man, all this and more is the person of cheerful disposition to the home.

Cause of Failure. A single-talent man, supported by great self-confidence, will achieve more than a ten-talented man who does not believe in himself. The mind can do without confidence and assurance, or there can be no efficiency. An uneducated man who believes in himself, and who has faith that he can do the thing he undertakes, often puts to shame the average college-bred man, whose overculture and wider outlook have sometimes bred increased self-confidence, whose decision is weakened by constant weighing of conflicting theories, and whose prejudices are always open to conviction.

Poverty and failure are self-invited. The disaster people dread often comes to them. Worry and anxiety enfeeble their force of mind and set bounds to their creative and productive faculties that they cannot pass. They put limitations to their ability; they cast stumbling blocks in their way, by aiming only at mediocrity or predicting failure for themselves, talking their wares down instead of up, disparaging their business, and belittling their powers.—O. S. M. in Success.

as pharmacy, dentistry, the law, medicine, civil engineering, etc., one must give years to preparation before making any kind of a start, and even then must often wait a year or two before the money begins to come in. But any bright young person with an ordinary training can qualify himself in a few months for doing stenographic amanuensis work for which he will receive living wages at the start.

After that the salary will depend entirely upon ability and aptitude. The young stenographer can look up towards the top of the ladder, where the professional reporters get two or five thousand dollars a year, or may continue an amanuensis. At every round in his ladder there are branches putting off into confidential secretarial, shipping, good business openings, journalistic opportunities, official positions, etc.

Probably not more than one in ten of the young persons who acquire short-hand will make it a lifelong avocation. Why? Because it opens so many avenues to promotion. The very nature of the stenographer's position gives him opportunities to obtain an insight into the employer's affairs not enjoyed by any other employee. Correspondence, confidential and otherwise, passes through his hands, and he cannot fail to obtain an understanding of the affairs and business methods of the firm. Therefore, when a vacancy occurs in the ranks above him, the amanuensis, possessing a knowledge of the requirements of the place, is usually promoted to the more important and lucrative position.—Canadian Stenographer.

Don't be afraid to work. One thing that keeps young men down is their fear of work. They aim to find genteel occupations, so they can dress well, and not soil their clothes, and handle things with the tips of their fingers. They do not like to get their shoulders under the wheel, and they prefer to give orders to others or figure as masters, and let some one else do the drudgery. There is no doubt that idleness and laziness are the chief obstacles to success.

When we see a boy who has just secured a position, take hold of everything with both hands, and "jump right into his work," as if he meant to succeed, we have confidence that he will prosper. But, if he stands around, and asks questions, when told to do anything; if he tells you that this, or that belongs to some other boy to do, for it is not his work; if he does not try to do it, if he wants a thousand explanations, when asked to run an errand, and makes his employer think that he could have done the whole thing himself—one feels like discharging such a boy on the spot, for it is convinced that he was not out for success. That boy will be cursed with mediocrity, and will be a failure. There is no place in this century for the lazy man. He will be pushed to the wall.—Success.

However, Willie was not to be done, he sent it back, and for some minutes both boys worked off a great deal of pent-up feeling by a great deal of beat-a-retreat, and he was as she opened the door to find total darkness and loud snoring breaking the sudden silence. She laughed to herself as she beat a retreat, and at the same time for the boys decided to go to sleep, and acted on their decision with little delay.

The argument was resumed the next morning, and Tom, who had the stronger will of the two, gained the victory; and Mrs. Hamilton was in the middle of packing a telegram was handed to her by Bridget, who of course waited to hear what it was about, and Winnie and the boys came sauntering up to do the same, all earnestly indulging in a hope that it might be to say that no one was wanted at Drayby. However, hopes died quickly when Mrs. Hamilton read it out.

Cecil says he would like Tom to come. Tom was glad to think that he had decided the matter before the telegram came, and he left the next morning amid the variously expressed lamentations of the family.

Bridget had made him a quantity of stuff, Winnie had slipped her new story book into his trunk, Stevens had given him a shilling with the remark that he was a brick, Willie had insisted on his taking his tennis racket instead of his own, which was not so good, Mabel had pressed her kitten upon him, and Agatha had mentioned that all his socks were mended. Of course Tom knew that he should find choice sweets at Drayby, all the newest boys' books, and not have much chance of games, but still the offerings were so loving and so home-like that the sweet thoughts went to his heart, though he could not say much about it. One would have thought Tom was going to the North Pole, or to part with his last farrow, were said, and he lastly jumped into one of the third class compartments of the train, and as it steamed out of the station tried to call himself names for feeling a queer lump in his throat as he thought of the lovely holiday time which he had spent so differently to what he had imagined it would be.

However Tom might feel about it, he conquered himself sufficiently to look bright and cheerful as usual when the dogcart met him at Drayby Station, and certainly as he sat by the coachman and talked about the horse, the country

Very many persons die annually from cholera and kindred summer complaints who might have been saved if proper remedies had been used. If attacked do not delay in getting a bottle of Dr. Williams' Sanguinary Cordial, the medicine that never fails to effect a cure. Those who have used it say it cures cholera, and thoroughly subdues the pain and disease.

THEY DRIVE PIMPLES AWAY.—A face covered with pimples is unsightly. I tell you covered with pimples which should long since have been corrected. The pimples are not performing their functions in the healthy way they should, and these pimples are in when you know that the blood presents a favorable condition. Dr. Williams' Sanguinary Cordial will drive them all away, and will leave the skin clean and clear. You will have another witness to their excellence.

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He was twelve, but childish for his age, and certainly no favorite with his cousins. The year before he had come with his mother to spend a fortnight at Loretto, and by the end of that time the patience of most of the inmates was pretty well worn through. Mrs. Hamilton set a good example of patience and forbearance, and her children more or less followed it; but still it was a time not to be forgotten, and all were truly thankful when it was over. Although well trained in habits of courtesy, kindness and unselfishness, the young Hamiltons were by no means perfect, and a good deal of resentment was felt when they found that their Aunt Anna expected one and all to consider Cecil before any one in the house, considered that to contradict him was cruel and unkind, and who implored them not to chaff the child, who certainly took it very badly. However dearly the boys would have loved to have stayed at Loretto, they saw that one or other of them should go to Lincolnshire, and neither wished the other to be the victim.

And after a day or two Tom actually reaped a present reward—which does not always follow acts of self-denial—in the real sensation of pleasure which he felt as he dived about with Cecil, who could not walk far, played at halma over and over again, listened to his aunt's long stories, and made himself according to his light a very pleasant visitor. It was not that he liked doing these things as far as natural taste went, but his steadfast devotion helped him. Tom was essentially a very simple-hearted schoolboy who never thought about feelings at all, but did think out how best he could please and honour our Lord and His Blessed Mother for whom he had a very real love.

Tom's mother tells us, "A great thing is love, a great good every way; with a little lightness all that is burdensome; and beareth equally all that is unequal."

TO BE CONTINUED. OUR LADY'S CROWNING GLORY. We delight to recall the various incidents in the life of the Blessed Virgin. Her Immaculate conception, her nativity, her presentation in the temple, the annunciation, then Bethlehem, when she gave birth to the Son of the Most High, the home at Nazareth, the part she took in her divine Son's private and public life, culminating in His death upon the cross, are one and all subjects of the greatest interest to us, and we ponder over them with reverent feelings of awe intermingled with delight and fear, joy and sorrow, according to the scenes and circumstances they recall, but the Feast of the Assumption is the crowning glory of all the feasts that precede it, engages our thoughts and affections in a surpassing degree.

The Assumption is the counterpart of the Immaculate Conception of the Blessed Virgin, and both feasts, commemorating as they do the beginning and the end of her glorious life, fill every true Catholic heart with overflowing joy. So let us all rejoice every 13th day of August and hail our Blessed Lady on it with sentiments of true filial affection. As we say of our Divine Lord, His glory is our glory, the same we may say of our Blessed Lady. For as He is our brother and has shared with us His glory, since when He aspired into Heaven He said, "He would prepare a place for us," so the Assumption of the Blessed Virgin means a share for us in her glory, as she is our glorious Mother. How happy the outlook for all who, by their pure, holy lives, are proving themselves sons of God and heirs to His Kingdom and are showing to the world that they are indeed the children of Mary, the Immaculate Mother of God. Let us be of this illustrious number. We will, indeed, be among them if we cultivate as we should a tender love of the Blessed Virgin, and nothing will keep us to this more than to behold her highest among the heavenly throng of saints and angels, next to the Holy Trinity in power, in splendor and in glory.

Queen of Heaven, O Queen of Earth, Most so by our dear saviour's birth, Watch over me from sin keep us free That we may be in Catholic Union and Times, —Bishop Cotton in Catholic Union and Times.

AILING WOMEN. GAIN HEALTH AND STRENGTH THROUGH DR. WILLIAMS' PINK PILLS. Bloodlessness is the most starting point of consumption. When your blood is thin and weak and watery your whole health declines. Your face grows pale, your lips and gums white, your appetite fails, and your heart jumps and flutters at the least excitement. You have frequent attacks of headache and dizziness, and sometimes fainting spells. These are the signs of a weak and worn-out system, and you may easily slip into a hopeless decline if you do not build up your blood with Dr. Williams' Pink Pills. They actually make new, strong, rich, red blood, which brings back your rosy cheeks, your hearty appetite, your strength, energy and general good health. Here is a strong proof from Mrs. Samuel Bohie, wife of a well known merchant and contractor at Sheet Harbor, N. S. Mrs. Bohie says: "Some years ago I became so run down and distressingly weak that life became not worth living. I had a bad cough, was tired out at the least exertion and was unable to do even light housework. I had the best of medical aid and medicines, but did not get any benefit, and grew so seriously ill that I was at last confined to bed, and my friends thought I was in a delirium. My cough grew worse and I despaired of getting better. My husband then brought me Dr. Williams' Pink Pills and to my joy they soon began to help me. Gradually my strength returned, my appetite improved, and the cough left me, and day by day I grew better until I was again a well woman. I have since had perfect health, and when I compare my condition now with the state I was in when I began taking Dr. Williams' Pink Pills, no one need wonder that I am enthusiastic in praising this medicine."

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