Try a little smiling

CHATS WITH YOUNG MEN

A LITTLE SMILE

When the world goes wrong; Drop the tone of scording, Change to one of song. Nothing lasts forever, Love and beauty die, Make the best of the present Ere it passes by.

Clouds must come and sorrow, Tis the way of life: Still the silver lining Shines upon the strife, And the sorrow lessens,

Bringing with the calm; Ev'ry pain of living Has its own sweet balm!

Try a little smiling, Though the effort cost, You will find that never Is its radiance lost: Through the darkness shining Ev'ry star has place; Try a little smiling, Trouble to efface.

-O'REILLY STEVENSON'S SERMON

To be honest, to be kind-to earn To be honest, to be kind—to earn a little and spend a little less, to make upon the whole a family happier for his presence, to renounce when that shall be necessary and not be embittered, to keep a few friends but those without capitulation above all, on the proper grim condition to keep grim condition, to keep s with himself—here is a

task for all that a man has of forti-tude and delicacy.

There is indeed one element in human destiny that not blindness itself can controvert; whatever else we are intended to do, we are not intended to succeed; failure is the fate allotted. It is so in every art and study; it is so above all in the continent art of living well. Here is a pleasant thought for the world's end or for the end of life: Only self-deception will be satisfied, and there need be no despair for the despairer.

FAITHFULNESS

person who is guided by faithfulness has a sense of respon-sibility for the use of his talents. and acts according to his convictions, never breaking his promises or neglecting his engagements. The virtue extends to his whole life, taking account of actions, private, public, and of things both small and

Faithfulness has many forms. To sweep gracefully through the circle of charities, leaving no blemish upon any; to perform the duties at home without fault; avoid the fretful words and be calm in the not moments of anger; to crush out of ourselves the spirit of haughtiness, deeming life too costly for quarrels and too short for pride; to maintain a chivalrous honor in all business relations; to hold back from the temptations of

honor in all business relations; to hold back from the temptations of doubtful or hasty gain; to wear the white flower of a blameless and purified life—these are some of the many phases which appear in the life of everyone who is adorned by this all-pervading virtue.—The Pilot.

CHEERFULNESS

The cheerful man is pre-eminently a useful man. The cheerful man does not cramp his mind and take half-views of men and things. The cheerful man knows that there is much misery, but that misery need not be the rule of life. The cheerful man sees that everywhere the good out-balances the bad, and that every evil has its compensating balm. A habit of cheerfuless enables one to transmute apparent misfortune into real blessings.

He who has formed a habit of the cheerful man formed a habit of the cheerful man sees that everywhere the good out-balances the bad, and that every evil has its compensating balm. A habit of cheerfulness enables one to transmute apparent misfortune into real blessings.

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So famous that people went from hake a writer, let your nearest Canadian Pacific agent supply definite information concerning tickets, reservations, etc., and Victoria, Canada's national winter resort where summer sports may be enjoyed the words whenever possible. Every phrase was shorn of everything that might make it sound ornate. It was direct and expressions, etc., and Victoria, Canada's national winter resort where summer sports may be enjoyed the words whenever words was from that the words whenever possible.

Year of the from far and near to hear his lectures when she she

If we are cheerful and contented when you "think." nature smiles with us; the air is balmier, the sky clearer, the earth has a brighter green, the trees have a richer foliage, the flowers are more fragrant, and the the meaning of a word, will increase moon and stars are more beautiful.

ABOUT BEING JOYFUL

What is the good of being grumpy or down-hearted? If you are ill it will make you worse, and if you are well it will make you ill, so there is no good in it at all. Besides, it is like the measles, it is highly infectious, and spreads quicker than the mist rolling down the mountain-

Grumpy people are always tired, and those who have to do with them are tired also—of the company of Grumpy and Co. How can it be otherwise? An old song tells us.

A merry heart goes all the day,

with the joy of being alive.

A PRAYER

I do not ask, O Lord, that life should always be A pleasant road ; I do not ask that Thou shouldst take

from me Aught of its load. I do not ask that flowers should always spring

Beneath my feet—
Too well I know the poison and the sting Of things too sweet.

For one thing only, Lord dear Lord, I plead— Lead me aright.

Though strength should falter and though heart should bleed Through peace to light.

I do not ask my cross to understand, My way to see; Better in darkness just to feel Thy

And follow Thee, I do not ask that Thou shouldst always shed

Full radiance here; Give but a ray of peace that I may Without a fear.

Joy is like restless day, but Peace divine Like quiet night.
Lead me, O Lord, till perfect day

shall shine Through Peace to Light.

ACQUIRE THE HABIT OF

SPEAKING CORRECTLY Do you "retire" instead of "go to bed?" Do you "reside" in your house instead of "live" there? Do you "visit with" instead of "talk to?" Do you "partake of your dinner" instead of "eat" it?

dinner" instead of 'eat" it?

There is no rule for the acquisition of a well-bread vocabularly; but it is quite certain that the control of t but it is quite certain that the reading of good English tends toward the use of it. The finer books never contain words or expressions which well-bred people do not use, while the popular novel, with its "slap, dash and bang" style, is apt to fall far short in nicety of language.

There was once a priest who was famous for his eloquence and learning, so famous that people went from far and near to hear his lec-

enables one to transmute apparent misfortune into real blessings.

He who has formed a habit of looking at the bright, happy side of things has a great advantage over the chronic dyspeptic, who sees no good in anything. The cheerful man's thought sculptures his face into beauty and touches his manner with grace.

While from Olympian heights for her.

So, your house can never be "elegant," nor can you be a "stylish dresser." You wash your face and hands—you do not "perform your ablutions." Don't say a thing is "cute" when you mean it is pretty; don't say "you guess, you reck n, you figure, you calculate," when you "think."

Just a little care in the use of an your ability to speak correctly. Listen to good English, and remember that the simpler it is, the better

SOME SACRAMENTS OF THE CHURCH

By sacraments we mean the various prayers, blessings, ceremonies, and pious practices of the Church. Sacramentals, like sacraments, have an outward sign; the latter, how-ever, were instituted by Christ, the former by the Church, and while the latter always gives grace if we place no obstacles in the way, the former do not give grace, but excite good thoughts, increase devotion, and raise the mind to Goa.

The sacramental of most frequent use in the Church is the sign of the So be joyful; it's good for you, keeps you young, improves your looks. Yes, really it does for expression is more valuable than complexion, as only the former shows on a photo.

So let the mental photo that your friends—if you are lucky enough to have any—or your enemies—if you are nemies—if you are with the joy of being alive.

Don't grumble at this dear old world. It isn't so bad, after all; you might be a lot worse off in another, you know. So be content.

Is a profession of fact, who because man and died on the cross for our redemption. Writers of the early ages of the Church tell us that before every action, before manner.

Of course, it is neither you nor I that go in for a joyless outlook of men and things. We naturally belong to the most sensible part of humanity, and are never downhearted, grumpy, or very difficult to get on with—or scarcely ever.

But we do know some—don't we—who are always ready to look at everything from a gloomy point of view. With them if the world goes well today, it is sure to go wrong tomorrow. It's quite sure if you are constantly on the outlook for trouble it's going to arrive.—The Pilot.

OUR BOYS AND GIRLS

A PRAYER

benedictions and some of her sacra-ments. It is placed at the doors of her churches, that all who enter may use it and be reminded of that purity of heart which it symbolizes. Holy water is also kept in the houses of Catholics, to be used in time of trial and when the priest comes to administer the sacraments.

Agnus Deis (blessed by the Pope) acquist Dels (blessed by the Pope), scapulars and medals are small articles worn by Catholics to remind them of our Lord, (the Lamb of God,) of the Blessed Virgin, and of the saints. They are emblems of the Christian, as the starry banner is the emblem of the American; and as the flag of our country shows that we are under the protection of the government of the United States, so the Agnus Dei, scapulars and medals show that we are under the protection of Jesus Christ, His Blessed Mother and His saints.

We do not claim that those articles that are blessed have any efficacy in themselves; but we hope and pray that God in His infinite goodness and mercy may render those blessed articles beneficial to those who use them, and may protect them and lead them to His blessed abode above, where all is peace and light and love.—Catholic Universe.

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put in good condition.

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