

My God—My All.
At times when life seems dark and drear,
And friends no more my pathway cheer;
Who draws me from the world apart,
And whispers to my aching heart—
Be patient.

Running. "I never knew a young woman who had any aspirations as a sprinter," said a prominent physician, "but if the girls could be made to understand how conducive running is to beauty, I believe that running races would become the favorite amusements of female seminaries, young women's clubs and other organizations composed of young women. Running is the great beautifier of figure and movement. It gives muscular development, strong heart action, and free lung play. It was running that made the Greek figure, and the same exercise would produce now the same figure that made the Greeks famous for beauty."—Columbus Despatch.

"Those gloves ripped again!" exclaimed Mary; when John wants her to take a few stitches. "It seems to me they always need mending when I am in a hurry with something else." She would be shocked at his going shabby and distressed if any one thought he unwilling to render such offices, but she makes it a little unpleasant to ask the favor.

The Happiest Child.
A large and fashionable party of children was given somewhere in the northwest quarter of the town recently says the Washington Post, and among the little guests was the small daughter of an army officer who is stationed here. The child's mother holds some

"Oh, it was lovely!" she said, "some of the little girls didn't have nice time at all. There was one little girl who had to go over in the corner so many times to wipe off her satin slippers, so they wouldn't be spoiled, and two little girls slapped each other because one of them had the widest sash, and a little girl next to me at table and was afraid to eat anything, because she said her mother told her to be sure not to touch anything on her dress. But I spread my dress out over here, and told her it didn't matter if I got a little over mine, because you told me just to have a good time, and I guess—well, I guess I had a better time than anybody else there."

It goes without saying that the earlier the habit is formed the better, and the wise mother will teach her children to "look not mournfully at the past, but to begin each day with nothing hard or unpleasant that preceded it." When at bedtime the little boy tells her of his misdeeds, failure, and says, in a despondent tone, "There's no use going to school to-morrow, for I shall keep things how badly I did to day, and that shall surely do worse," the loving mother will teach him to ask God forgiveness for his wrong-doing, and remind him that God has promised only to forgive our sins but to remember them no more.

Then surely we ought to teach them, too, and when the day is "done with it." When the father at night complains that everything has gone wrong, her mother's comforting voice can assure her that, whatever bad it has been, the day is gone forever, and another day is

His Mother.
He is too young to know it now
But some day he will know.

A wild lad plays his thoughtless part
As fits his childhood's lot,
And tramples on his mother's heart
Of times and knows it not.
He plays among his noisy mates,
Nor knows his truest friend;
His mother sighs, as still she waits,
"Some days he'll comprehend;
The day will be
When he will see:
Some day he'll comprehend."

—SAM. W. FO

There is no true moral improvement based upon purely ethical culture. Theory is not practice; knowing is not doing. The world was never renovated—the world would never have been renovated—by the ethical codes of Marcus Aurelius and Epictetus. The morality that enters into men's convictions, that becomes part of their very existence, that influences their lives and braces them up to resist or forbear from wrong doing under the most trying circumstances, has a higher source than the moral teaching that would make the beautiful in conduct the sole criterion of life. Ethical culture may veneer the surface, but it cannot penetrate to the depths of the human heart.

— Brother Azarias.

The Unemployed.
A careful student of social conditions says that: "the unemployed are, as a class, a selection from the unfit; and on the whole, those most in want are the most unfit." Of course, no employer can afford to pay a man for doing poor work. Unfitness may be either a misfortune or a fault. In either case, society suffers, and must learn how to prevent the increase of defective members by making industrial training part of general education.

are not kept in tune, we lose in fineness of quality, and when the greasy Leader of this wondrous earthly orchestra waves His baton, we are fouled wanting, we make discord. To be our best always, we must keep ourselves in tune with the best of the instruments near us. And the best of these instruments are good books." Maurice Francis Egan, LL. D., "Literature as a Factor in Life."

ents. There is nothing in this world more touching than the pride of a father or mother in a son's success. Many a student, in the rivalries of academic life, is thinking about more than anything else, and on the day when he is being applauded by hundreds, he is thinking chiefly of his father's face that are glorying in his honor. In the battles of life it is like this there are multitudes doing their best, living laborious days shaking off the tempter, and keeping straight in the middle of the narrow way, for the sake of those far away who will be cheered by their well-doing, and would be broken by their ill-doing. We do not think there is not one that touches us more—it is not one that touches us more—when a youth, who has been away from his country or in a foreign land, hears in his face and demeanor tokens of his well doing, comes back on Sunday to the church in which

Genius has been defined as a great capacity for work, and so success in any calling may be said to lie in the mastery of its details :

It would be erroneous to ascribe any one quality or habit the success attained by men eminent in business in the professions or in politics, the ability to grasp details and to understand their relations is among the most important.

In all callings and professions a man of broad view who seems to pay little attention to details is always the one who has obtained a mastery of details by giving to them close attention during the formative period. Strong examples of this are to be seen in the works of art. The master is one who, with a thorough knowledge of details, can afford to dispense with details in producing his effects. He who imitates his mere style without his skill never achieve success.

The good mathematicians in the young people are necessarily attentive; if they advance to higher grades it may be assumed that they have clear logical minds. Skill in mathematics is therefore a rough measure of ability to learn, but it is not the only one. Its foundation is attention to facts and principles, and this is the condition of success in nearly all un-

his daily exercises.

their hands. Now it is quite
* * * It was thought a
when missionaries first be-
ceive consular support and
ial protection was extended to
olic religion. It has not re-
an extension of the work, and
realize the full and terrible

In striking contrast is this of Bishop Henry C. Morris of Methodist Church, which it says is being severely criticized by members of his own denomination. In an address in Louisville he said: "Thank God that the Lambeth over there and the here in this country are responsible for the present trouble in China. We head I thank God that in some way to blame for the unrest in China. I thank God that each one of you and all the Methodists in this country are to blame. It is the itineracy of Methodism."

Father Cuthbert, who is well known as a vigorous writer, has a masterly article in the Catholic World Magazine for October, in which he reviews the advance of the Church among English-speaking peoples. He says, among other things, of the new era of spiritual life that:—

PENNY CATHOLICS

them argues a disgracefully low degree
 of concern for religion. It is interesting
 to learn that his cultured friend
 took his remarks in the proper spirit
 and that coins of brighter hue and
 even bills, were forthcoming to help
 users bring their rounds. We saw
 with Father Ducey to a considerable
 extent. While well aware that the
 widow's mite has its reward be-
 fore God, we have never been able to un-
 derstand on what principle well-to-
 do Catholics, who would be ashamed to
 hand pennies to a street car conductor,
 content themselves with restricting
 their contributions at the offertory to
 one solitary specimen of our small
 and meanest coin. But that is not
 chief grievance. If every adult
 comes to Mass would give even the
 beggarly copper, the aggregate
 we should not complain of the
 of counting it—would be most ac-
 ceptable. As things are, collectors
 canvass pew after pew of devout,
 dressed worshippers without getting

quences of running scrofula sores drain the system, sap the strength and existence utterly wretched.

It may be only a trifling cold, but it and it will fasten its fangs in your throat and you will soon be carried to an unknown grave. In this country we have changes and must expect to have complications. We cannot avoid them, but we effect a cure by using Bickel's Assumptive Syrup, the medicine that has been known to fail in curing coughs, bronchitis and all affections of the lungs and chest.

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about which the clergy dislike to speak. We can hardly protest against penuriousness in this manner without exposing ourselves to the unjust reproach of being over fond of the shekels. The offertory collection is as old as the Mass itself. It is a survival of the days when the faithful brought to the altar gifts for the Holy Sacrifice, and for the maintenance of those who offered it. Every decent Catholic ought to familiarize himself with the facts in the case and be guided accordingly. — Providence Visitor.

[illegible]

From the Post, Thorold, Ont.

Mr. James Dabaud and wife are two of the best known residents of the town of Thorold, where they have passed many years. In their family they have a little son, who, although but ten years of age, has experienced much affliction, and his parents expended many a dollar in the search for his renewed health—all in vain, however, until Dr. Williams' Pink Pills were brought into use. A Post reporter hearing of the cure called at Mr. Dabaud's cosy home and received full particulars from Mrs. Dabaud. "I am pleased," said Mrs. Dabaud, "to have the public made aware of the facts of my boy's case if it is likely to help some other sufferer. Charley is now ten years of age. In infancy he was a delicate child, but from four to seven he scarcely passed a well day. At four years of age he began to complain of frequent headaches, which later became almost continuous, and soon symptoms of general debility developed. His appetite was poor and he grew pale and emaciated, and the least exertion caused a severe palpitation and fluttering of the heart, and dizziness. At times there was considerable derangement of his stomach; a blueness of the lips and a shortness of breath. He would often lie awake at night and rise in the morning haggard and unrefreshed. During his illness he was treated by two doctors. Both differed in the diagnosis of his case. One said it was


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fric as other healthy boys do. As every symptom of his old trouble has vanished, I consider his cure complete. The pills have certainly done him a world of good, as nearly three years have since passed away and he has not been a sick day in that length of time. I shall ever feel that we owe our boy's health to Dr. Williams' Pink Pills, and believe that their prompt use would relieve much suffering."

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valuable in the case of children as with adults, and puny little ones would soon thrive and grow fat under this treatment, which has no equal for building up the blood and giving renewed strength to brain, body and nerves. S'd by all dealers or sent postpaid at 50c a box or six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont. Do not be persuaded to try something else said to be "just as good."

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