f His

ou be taken

KIE, President,

sources. Published is Eminence Cardi-ł of an inch thick; al binding; printed dex,

ost Paid LIC RECORD Office,

ie Clergy

S, TER TRANTS. HES.

AMPS, RUCIFIXES arch Altar Vessels OR

Canada where a is work. The underrty years practical

, for one half the

WARD

Plating Works ST., LONDON itario Nav. Co.

ng-st. E., Toronto. CURSIONS. Single \$ 6.50 Return 11.50

te Ports. Meals and PRONTO 7.30 P.M. MONstill keeps up

EACHED ITS housand in n a year.

and for Essiott's

Christ

Pollar

ECORD OFFICE, oon, Ont. lanada.

CHATS WITH YOUNG MEN. STAMINA AND POWER ARE COUNTRY-BRED.

ORISON SWETT MARDEN IN JUNE SUCCESS "It is rather curious to consider why so few native New Yorkers have become prominent," says Charles F. Wingate. "In a published list of one hundred leading citizens of the metropolis, over ninety were shown to be country-bred. Is it from lack of mental or physical vigor that the city stock is distanced by these competitors? The same conditions exist in London, Paris, Berlin, and other European cities, which are filled with strangers from the Provinces, who, because of their greater energy and ability, supplant the city-bred men."

Replies from forty successful men,

Replies from forty successful men, collated by a writer, show that only eight were born in cities. Of the remainder, twenty-two were born on farms and ten in small villages. The boyhood of the twenty-two was passed largely amid rural surroundings, three moving from farms to villages while noving from farms to villages while boys, but only one going then to a city. However, at the average age of sixteen, these successful men were in cities, ying "trying to make their for-

Thus a great truth lies back of the Thus a great truth hies back of the Englishman's half jest, that "The little gray cabin appears to be the birthplace of all your great men." It reveals the sources of man's power. Nature gives a life-draught that article thems, not how to be my Committee of the source ficiality knows not how to brew. Our country has become great through its newness, its nearness to primitive conditions; through the opportunities that come from tapping the storehouses of nature at first hand; and through such own unnatural conditions were it not for the constant streams of fresh, honest, vigorous manhood constantly flowing in vigorous manhood constantly howing in from the suburbs and the country at large. The artificial human crop will no more supply the demand than hot-houses will supply the food of the world. The sun-kissed fields and wind-purified hills must always be relied on for men and bread.

There are many reasons for the greater success of country boys. The stamina of the forest, the streams, the hills, and the valleys is in their veins; each has more iron in his blood; his fiber is firmer, and his staying power greater than those of a delicate or flabby city worth a great and most area. youth, reared amid unnatural surround ings, in a wilderness of brick and stone. The chemic forces of the soil, air, and sunshine become a part of his very con-

The freely-circulating ozone breathed The freely-circulating ozone breathed in great inspirations during muscular effort gives him lasting lung power. Plowing, hoeing and mowing add vigor to his muscles. The farm is a gymnasium—a manual training school. The hated chores not only give him exercise, but also develop his practical powers and ingenuity. He must make implements or toys that he cannot afford aplements or toys that he cannot afford implements or toys that he cannot anord to buy, or cannot readily procure. He must run, adjust, and repair many machines. He is a stranger to no mechanical principle or tool, and in an emergency he always has a remedy that makes him a "handy man" in any occu-

Untold benefit, besides mere physical health and manual dexterity, is derived from the life of a country boy. He lives closer to nature, in constant touch with the creating power which brings forth all that is natural and real. He touches the truth of being as a city boy never does. He is in a perpetual school of reality, for the everchanging clouds, the panorama of landscapes, and the seasons' phenomena teach him secrets, and wake in him a wide understanding of life, if he but open his mind to their impressions. He gets his ideas of grandeur from the He gets his ideas of grandeur from the mighty sweep of alternating valleys and hills. He learns sublimity from the mountains' aspiring reach toward the clouds. He absorbs peace and tranquility from deep, winding rivers. The power of natural forces he feels in rushing storms, and hears in the crash of thunder. Providence appears to him in a thousand ways in the ingenious provisions for insect, plant, animal life. Love teaches its lesson in the maternity of dumb animals.

These are some of the sources of the country boy's stamina, his superior knowledge of everyday things, and his

fitness for every emergency.

The very freedom of the country boy who roams through the forest and over the hills and valleys, without let or hindrance, is a powerful factor in character-building, in stamina-form-

"The fields and forests are his playground; the barn, his race-course; the trout brook, his private preserve; the steers and the colts, his co-workers. His gymnasium is in the mows of the barn, or in the woodshed. He is not cabined, cribbed, or confined; his horizon is not the skyline made by rows of brick blocks. He sees the sun rise above the summits in the east and set ehind the everlasting hills in the

The superior training in economy, in frugality, in industry, and in initiative chieh a country boy gets becomes a cowerful factor in his progress. He as more self-reliance and greater selffaith than a city boy; he believes he can do what he undertakes. He feels equal to the situation—master of his

task—because of his reserve power.

How often does this mighty reserve rush to the assistance of a lawyer at the bar, reinforce a physician or sur-geon in a supreme trial of his skill, and support a merchant in a great commer-cial panic! In any crucial emergency of State, or Government, or private business, if we could analyze the genius business, if we could analyze the genus which saves the day in a crisis, we should find that a previous, homely country life plays a prominent part in it. What would our great men have done in perilous situations when the destiny of a nation depended upon them, without nerves of whip-cord and frames in the army.

of iron, which could have been produced only in the country?

One's character and fiber partake of

the quality of his surroundings. People of mountainous countries have always been great lovers of liberty, and possessed of strength and solidity of character. The mountains teach stability

acter. The mountains teach stability and grandeur; the ocean, immensity and change; the plains, broadness, catholicity, and generosity.

If one had the power to analyze the members of congress, he could reproduce the mountains, the valleys, the lakes, the meadows, the hills of their native country through the effect these things have had in shaping their lives. The story of a state, its legends, and its poetry would all be found interwoven in the tissue of each man's mind, and their influence could be traced in every fiber of his being.

Nature makes us pay a heavy price for shutting ourselves up in cities.

Nature makes us pay a heavy price for shutting ourselves up in cities, where we cannot inhale her sweet breath, or learn the secret of power from her mountains, streams, valleys, forests, lakes, and hills. She is the great teacher of the world, developer of mankind, and invigorator of the race. She holds balm for all our ills, and he who shuts himself out from her and he who shuts himself out from her sweet influence must forever be dwarfed in some part of his manhood, have his horizon limited, and his muscle, nerve, stamina and staying powers partially undeveloped.

The tendency of city life is to deter-The tendency of city life is to deter-iorate physical and moral manhood. There is more refinement, but less vigor in city life; more culture and grace, but less hardihood. The grit and pluck of the world have ever ceme from the country. The noises, unnaturalness, and perpetual excitement and undurand perpetual excitement and undue stimulation of city life tend to impair the nervous system seriously. Many a manly qualities as vigor, energy, and enthusiasm, which have been developed in overcoming natural conditions and living face to face with the real world.

Our great cities would decay from their carp upnatural conditions were it not for cess, happiness, and moral vigor depend cess, happiness, and moral vigor depend upon physical soundness and bodily vigor, a part of every year should be spent in the country. No one can afford to take the chances of personal deterioration which come from living constantly in a city. Think of breathing for a lifetime the air of a city, saturated with all sorts of gases and poisonous fumes, and of inhaling the smoke from factories, the unhealthy exhalations of a million human beings, and tens of thousands of animals!

A great many men who have come to cities, after living in the country for

A great many men who have come to cities, after living in the country for years, wonder at their general deterioration, physically and mentally. They are not conscious of any lack of effort to live straight, clean lives, but the unnatural conditions of cities have been slowly undermining their character. slowly undermining their character, physical stamina and mental fiber, and physical stamina and mental fiber, and there is a general letting-down of standards. Some incident—perhaps meeting a fresh, unspoiled friend from the old home—makes them realize that something has gone out of their lives, something practically helpful and inspiring. Innocence has been traded for knowing worldiness, frankness for deceptive policy, kindliness for cringing subservience, and charity and helpfulness for brutal indifference. They did not mean to change so, but contrast flashes truth to the blindest eye, and in their herror and soul-sickness at the discovery they yearn for the old, real country life, and yearn for the old, real country life, and the genuineness that has gone out of their hearts forever.

What does a city youth see or hear that is wholly natural? The rattle of cars and heavy wagons over the pave-ments, the screeching of whistles, and the roar of machinery are all artificial, unnatural sounds, and they are dinned

What is there natural in the human relations of a city? One meets a rushing mass of humanity fighting for the right of way on walks, platforms, and cars. One struggles against these other strugglers, all alive with the worst of passions, in streets, stores, offices, and public conveyances. Buying and selling, and business and pleasure are but struggles between burnances. ure are but struggles between human beings. Every natural good impulse is apt to be ground out in the contest for

comfort, for power, for life.

A city boy is apt to become a cynic.
As a rule, he is not as sincere, and has not the sturdy honesty of purpose and the rugged straightforwardness of the

country boy.

The very abundance of a city youth's intellectual opportunities often proves a disadvantage, tending to dissipation a disauvantage, tending to dissipation of mental energy. On the other hand, in this age of books, and schools, and libraries, a country boy who is not able to secure an education must be deficient in mills. ient in will power, determination, or some essential success-quality, the lack of which would handicap him, no mat-ter what his opportunities or environ-

The Young Man who Drinks. ment. The time is coming very fast-indeed, it has already arrived in our commer

it has already arrived in our commercial life—when a young man who has habits of intemperance is narrowing very rapidly the possible range of openings in which he may make a living.

Fifteen years ago, as the trainmaster of a division of one of our large railroads in America told me, he sat in his office one day and saw a freight train stand for two hours waiting for a number of the train crew to recover from intoxication. When the men were able ber of the train crew to recover from intoxication. When the men were able to handle the train it moved out of the yard. Now, the trainmaster said, if the brakeman or any of the train crew were found to be under the slighest influence of light, or if they were seen fluence of liquor, or if they were seen even to enter a saloon, they were instantly discharged. The idea of keeping a whole train waiting for a man to recover from drunkenness would seem perfectly absurd to the railroad corpor-ation now. The time will come when such an idea will seem equally absurd

take young men back in this way."

OUR BOYS AND GIRLS. A SOLDIER OF THE SACRED HEART.

J. B. D. IN THE GUIDON.

be a saint.

De Sonis was pre-eminently a man of character. From the first day of his career to the last, he never deviated one step from the right line of duty. "I always put the prow of my ship toward God," said he, "and whatever wind blows, favorable or contrary, I keep in that direction; for that is the port I wish to make."

and then only a little rice and water or the like.

During the intervals of peace he studied the language of the country and administered justice to the natives, and by his probity won for himself among them the name of the "Good Governor, the Just Judge."

His sojourn in Africa was intervals. port I wish to make."

He was known as "the man of duty." He was known as "the man of duty."
This duty he practiced whatever the
cost or sacrifice. Heroism was the
natural fruit of such a life. And
soldier as he was it could be said of
him as of the apostles that he "did
not bear the sword in vain." His gallant bravery served as an inspiration
to the army and his heroic virtue will
serve as a model for all time. He was serve as a model for all time. He was a man of heart, a husband, a father, and a friend. He shared all things in and a friend. He shared all things in common with us except our weaknesses. He loved the young, and those under his command regarded him not only as a chief but a father. He loved the poor and oppressed. He loved the army, and to it gave forty years of his life, and all his strength and all his sons. France had no more devoted son, more devoted, were it possible, in her disasters than in her triumphs. He loved the Church as one loves a mother, loved the Church as one loves a mother, but he loved above all God and Him he refused nothing.

Patriotism is universal, religion is Patriotism is universal, religion is eternal, and the consideration of such a life ought to be for the profit of us all. An old Roman poet 1900 years ago wrote the device we use to-day, "Dulce et decorum pro patria mori," ("it is sweet and honorable to die for one's country,") and we can all heartily accord with the sentiment, but we must agree, too, that it is a higher, more accord with the sentiment, but we must agree, too, that it is a higher, more useful, more difficult thing to live for one's country. This is the task worthy of a hero's courage, a philosopher's study or a poet's love. This is what de Sonis accomplished.

Louis Gaston de Sonis was born at Point a-Pitre in the island of Guadeloupe on the 25th of Apgust, 1825, the

loupe on the 25th of August, 1825, the day of the feast of St. Louis, whose name was accordingly given him. His name was accordingly given him. His father was a soldier and his mother a Creole lady of great beauty. The home of his childhood had all the glory of a tropical vegetation. The palms, cotton-tree, cocoanuts, the birds with vivid plumage, the beautiful coral strands, the azure blue ocean studded with little islands, left an empress on his childish mind that was never effaced and imparted a love for God's faced and imparted a love for God's beautiful world that never lessened. His earliest recollection was of soldiers

At the age of seven he embarked for France and shortly entered a boarding school, as is customary in that country. He soon prepared himself with the tenderest devotion to make his first Communion and brought to the alter his munion and brought to the altar his baptismal innocence. The thought of that happy day was a consolation to his last hour. At college he was remem-bered as a tall, well-built but rather bered as a tall, well-built but rather thin youth, singularly well bred and affable. He excelled in games, but his particular delight was horsemanship. To serve France was his one wish

To serve France was his one wish and ambition, and he soon entered the military school of St. Cyr. At this time his father died, leaving a family of five orphans, the eldest of whom was only nineteen years, having neither home, family nor fortune.

De Sonis left college with the reputation of the best cavalry officer there and was commissioned sub-lieutenant of the Hussars. A year after, he

of the Hussars. A year after, he married a Jeanne Roger, the wife of his heart, who survived him. At this time heart, who survived nim. At this time an incident took place which shows the character of the man. He had been induced to join the Masons with the assurance that there was nothing hostile to religion in their teachings or practice. and attended a banquet. Several speeches assailed the religion he loved and practised, and starting up from the table he exclaimed: "Stop! you told me you respected religion, and you insult it. You have not kept your promise. I am freed from mine. You will never see me here again."

It was in Africa that most of the military life of General de Sonis was passed. For twenty years he was stationed in Algeria, that country of dangers and surprises, and almost constantly employed in warfare against hostile Arabs in the most redoubtable of all strongholds, the desert. It would be impossible to even enumerate would be impossible to even enumerate The life of General de Sonis is more than a rare spectacle; it is a great lesson. It is a lesson easily learned but, unfortunately, often forgotten, that religion and patriotism should go hand in hand, and, far from detracting one from the other, they are mutual aids to the greatest achievements and productive of the greatest good to the fatherland.

It is remarkable to that the in this brief sketch his expeditions, his battles, his forced marches, his vic-It is remarkable, too, that the great soldiers of the world have almost invariably been men of deep religious conviction. Mahomet is held as a prophet, Cromwell hardly less by his admirers; Washington appreciated and reverenced religion more than any one of his contemporaries; though Napoleon used religion to further his purposes, he was still a man of faith; Lincoln sought light and strength in prayer; had Gordon been a Catholic, he might one day light and strength in prayer; had dor-don been a Catholic, he might one day the strictest fast during Lent, and never partook of anything till evening.

by the Italian campaign of 1859, during which time he distinguished himself in the battle of Solferino. On the morning of that eventful day he rose from a bed of fever to direct his squadron. At a decisive moment when the center was exposed to a raking fire of the enemy concealed and protected by the woods, de Sonis received the word to charge. Putting himself ten paces before his men, rapidly passing his sword from his men, rapidly passing his sword from his right to his left hand, he made the sign of the cross and dashed forward. Once within the woods they found them-selves face to face with a magnificent selves face to face with a magnificent square of Tyrolese troops which opened fire and in an instant seemed to surround them like a whirlwind. The bayonets of the enemy shone round them like a fence of razors. The men fell by the score. De Sonis' horse was shot from under him; he parried the bayonet thrusts with his sabre until one of his officers caught another horse one of his officers caught another horse for him and he was able to reach his own line. The loss was severe, but he

again for the service of France.

A young man who lost his position in an office of this same company came to me last year and begged that I would use my influence to have him back by the superintendent of the division. He frankly confessed that he had been drunk, and was unable to report for duty one day, but the next morning he was at his desk. When he appeared he received his dismissal. He acknowledged his fault, and promised the superintendent it would never occur again, offering to let the road take his wages and next them to his aged father and offering to let the road take his wages and pay them to his aged father and mother. He pleaded that it was his first offense.

I went with an influential citizen to the head of the department where the young man had been employed, and we stated his case and pleaded for a second trial, but the superintendent simply said: "This railroad is not in the business of reforming drunkards or reclaiming young men. Past experience has taught us that it is useless for us to take young men back in this way."

vas made general in the army of the coire, but found all disorder and conusion. He was shortly engaged in the attle of Loigny. As he was about to harge with his brigade he saw a great ovement in the line of battle. Some ne cried, "The center is retreating." a bound of his horse de Sonis the midst of the wavering regiments. He threatened, he coaxed, he urged, he twuck them with the flat of his sword to keep them from flight, but to no avail. He then called to Colonel Charzero. He then cannot be command of the zette, who was in command of the Zouaves, and who had fought in the cause of the Pope. "My men," said he to them, "there are some cowards down there who refuse to march and ho will lose the whole army. Let us who will lose the whole army. Let us show them the worth of men of heart and Christians." They unfolded their banner of the Sacred Heart of Jesus with the war-cry of "Vive la France! Vive Pie IX.!" they made a charge squal in valor to any that history re-lates. A ball soon shot away the leg of de Sonis and he was stretched help-less upon the field of battle. The Prussian army passed over him, and soldier as he was, he could not but soldier as he was, he could not out on the and admire their perfect order. It was in the month of December and bitterly cold. Perfectly conscious he lay upon the frozen ground while the snow fell upon him. He was too proud snow fell upon him. He was too proud to make an outery or ask assistance of an enemy. He had long before made an offering of his life to God and his country and did not finch. A few of his poor soldiers dragged themselves to his side to die by him. He consoled and encouraged them to trust God above all. They prayed God to have mercy on their souls and to spare their unhappy country. And thus they passed the night. At 12 o'clock the next day he night. At 12 o'clock the next day ne was found and brought to the priest's house of the viilage. Beside his wound, his other foot was frozen and his lungs congested. All he asked of the surgeon was to leave him sufficient stump that he might mount a horse again for the service of France.

His battles for France were over. He was now only a wreck of his former The study of his profession was his self, but of him as of our own maimed



THE RIGHT PAINT

Sixty one years ago we made the best paint we knew how-knowledge and experience have been adding value to it ever since—it's the best paint we knew how to make now. And just a little better than the best.

Write us, mentioning this paper, for booklet showing how some beautiful homes are painted with Ramsay's Paints.

A. RAMSAY & SON, Paint makers,

MONTREAL. Estd. 1842.

THINKS IT IS A FIRST-CLASS MACHINE



drophead Windsor Machine you sent on trial and another of the same kind. Prepay the freight charges and include Home Grinder. The machine

Another of the same kind. Prepay the freight charges and include Home Grinder. The machine you sent me is very satisfactory and works well.

I think it is a first-class machine."

So writes Mr. John E. Connery. Castleford Station. Oat. under date of April 20, 1993. Our price for the 5 drawer drophead Windsor Machine is \$41.59 each, and prepaid freight enarges 60 cents cach to points east of Toronto. This machine has more hardened and tempered parts than any of the high-priced machines, will last longer than any of them, and is guaranteed for 20 years, ery often we receive orders like the above from parties who have bought one machine from us, the second machine being wanted for some friend or acquaintance. However, anyone can test one of our machines for 29 days without any expense, as we send them out for that length of time on as we man the control of the describing testing the styles of sewing machines and giving full information about prices, freight

"The Ale

that's

Free Trial. Our prices run from our 8 different styles of sewing

veterans may be said the words of Henry IV. to one of his generals: "Of faithful servants like yourself, we

esteem even the bits."

Ever afterwards on the anniversary

of Loigny, de Sonis passed the night in prayer in the church before Our Blessed Lord in the tabernacle.

The rest of his life and labors was still devoted to his beloved army in the various posts to which he was assigned, and so he continued till his death in and so he continued till his death

The life I have traced for you was one full of moving incident and peril and devotedness which was lived before own line. The loss was severe, but he saved the position and the corps of Marshal Neil. Shortly after the armistice was signed and followed by the Peace of Villa-franca and de Sonis had won the cross of the Legion of Honor. Back again to Africa he went to new campaigns against the Arabs. Again he toiled and fought under the blazing sky and on the burning sands and suffered again the pangs of hunger and thirst, of fever and cholera.

At the breaking out of the Franco-Prussian war, de Sonis made his first and only request of his superiors. It was that he might take part in it. He was made general in the army of the passions he knew. The father of twelve passions he knew. The father of twelve children, with a heart as kind and ten-Barristers. Over Bank of Commerce. London, Ont. left them poor as he had been left him-

Like all servants of God, the practice of his religion and his integrity cost him abuse and humiliation even from the hands of those in power. But he the hands of those in power. But he bore all with patience and resignation; he had done his duty. He could await his reward from the Good Master he served and leave his memory to poster-

In the little church at Loigny, no In the little church at Loigny, not far from the battle-field where he passed that night of agony, his mortal remains lie in peace and his cpitaph is these simple words: "Miles Christi," "A soldier of Christ."

All things are artificial, for nature is the art of God .- Sir Thomas Browne.

There are no more important organs of the body than the bowels

The second of th

If they are irregular, health must

Constipation is the common ailment of the age. Nothing is worse for the bowels than the frequent use of cathartics.

They do not cure Constipation they aggravate it. A laxative does cure.

IRON-OX

TABLETS

are a Gentle Laxative and The Ideal Remedy for Constipation

50 Tablets 25 Cents

Windsor Supply Co., Windsor, Ont.

always Good."



Bells 10,000 lbs. McShane's

PROFESSIONAL

DR. CLAUDE BROWN, DENTIST, HONOR Gradusto Toronto University, Graduals, Philadelphis Dental College. 1882 Dundas El-Phone 181.

DR. STEVENSON, 391 DUNDAS ST., Londou. Specialty—Anaesthetics and X. DR. WAUGH, 537 TALBOT ST., LONDON, Ont. Specially-Nervous Discosses.

JOHN FERGUSON & SONS 180 King Street
Leading Undertakers and Embalmers
Open Night and Day
Telephone—Hease 373: Factory

W. J. SMITH & SON UNDERTAKERS AND EMBALMERS Open Day and Night. Telephone 588

O'KEBFE'S Liquid Extract of Malt



Is made by a Canadian House, from Canadian Barley Malt, for Canadians, It is the best Liquid Extract of Malt made, and all Leading Doctor in Canada Leading Doctors will tell you so.

W. LLOYD WOOD, Wholesale Druggist, General Agent, TORONTO.

STATUES FOR SALE.

Statues of the Sacred Heart, the Bleaset Virgin, St. Anthony, (colored) 12 Inches high. Very artistically made, Suitable for bedroug or parlor, Price one dollar each (Cash to ac-company order.) Address, Thomas Coffe-Cattolle Record, London, Ontaric

C. M. B. A.—Branch No. 4, London.

Meets on the 2od and 4th Thursday of every
month, at 8 o'clock, at their hall, on Albiou
Block, Richmond Street, T. J. O'Meara, President; P. F. Boyle, Secretary.