

Men who want to give up drinking usually have to give up smoking at the same time, for they say that a cigar or a pipe generally excites a desire for liquor very hard to control."

The great increase of smoking among boys in recent years is one of the alarming tendencies of our time. There ought at once to be inaugurated a vigorous anti-tobacco crusade throughout the land.—*N. T. Advocate.*

### BE TRUE.

There are persons whom you can always believe, because you know they have the habit of telling the truth. They do not "colour" a story or enlarge a bit of news in order to make it sound fine or remarkable.

There are others whom you hardly know whether to believe or not, because they stretch things so. A trilling incident grows in size, but not in quality, by passing through their mouth. They take a small fact or slender bit of news and pad it with added words, and paint it with high coloured adjectives, until it is largely unreal and gives a false impression. And one does not like to listen to folks when so much must be "allowed for shrinkage."

Cultivate the habit of telling the truth in little things as well as in great ones. Pick your words wisely, and use only such as rightly mean what you wish to say. Never "stretch" a story or a fact to make it seem bigger or funnier. Do this, and people will learn to trust and respect you. This will be better than having a name for wonderful stories or making foolishly and falsely "funny" remarks. There are enough true funny things happening in the world, and they are most entertaining when told just exactly as they came to pass.

Dear young friends, be true. Do the truth. Tell the truth. There are many false tongues. Let yours speak the things that are pure, lovely, true.—*S. S. Advocate.*

### ENOUGH TO POISON A PARISH.

A Protestant little girl, being asked by the priest to attend his religious instruction, refused, saying it was against her father's wishes. The priest said she should obey him and not her father.

"O, sir, we are taught in the Bible—'Honor thy father and thy mother.'"

"You have no business to read the Bible," said the priest.

"But, sir, our Saviour said in John v. 39, 'Search the Scriptures.'"

"That was only to the Jews; and not to children, and you don't understand it," said the priest.

"But, sir, St. Paul said to Timothy, 'From a child thou hast known the holy Scriptures,' (2 Tim. iii. 15).

"O," said the priest, "Timothy was then being trained to be a bishop, and was taught by the authorities of the Church."

"O no, sir," said the child; "he was taught by his mother and his grandmother."

On this the priest turned her away, saying she "knew enough of the Bible to poison a parish."

### PRAYING AND GIVING.

Many hundred years ago a rich youth in Rome had suffered from a dangerous illness. On recovering his health his heart was filled with gratitude, and he exclaimed, "O, Thou all-sufficient Creator; could man recompense Thee, how willingly would I give Thee all my possessions." Hermes, the herdman, heard this and said to the rich youth, "All good gifts come from above; thither thou canst send nothing. Come, follow me." He took him to a hut, where was nothing but wretchedness and misery. The father lay on a bed of sickness, the mother wept, the children were destitute of clothing, and crying for bread. Hermes said, "See here, an altar for the sacrifice; see here the Lord's representatives." The youth assisted them bountifully; and the poor people called him an angel of God. Hermes smiled and said, "Thus turn always thy grateful countenance first to heaven and then to earth."

The *St. Louis Presbyterian* says:—"A new horror has been added to the cigarette in California. 'Leprosy,' says a San Francisco physician, is revealing itself about the lips and tongues of boys who smoke cigarettes made by the Chinese. The disease, though fatal, is slow in giving tokens of its first approaches. No less than one hundred and seven cases of infection by cigarette smoking had come under the physicians notice.

New York has seventy-five Catholic churches, and a Catholic population of 900,000.