#### CHATS WITH YOUNG MEN

NEWS O' THE WORLD Is it news o' the world that ye're

afther? I'm sorry to say There is little o' joy or o' laughter That's in it th' day. Sure there's nothin' but promise o

An' throuble ahead peace shone to brighten The gloom that I read

In the clouds that were rumblin' an rollin Beyant there, th'-day— Where Corporal Clancy wint strollin' Wid Kitty McCrea.

Is it news o' the world ye are wishin' 'Tis lucky ye came; Fur 'tis I'm in the pleasant position

To furnish that same. Oh! the joy and the peace that's adornin

This counthry is grand!
Take this comfortin' message this mornin'; All's well in the land !-

'Tis the news that I heard in the gloamin." At the close o' th'-day, Jist a whisper that came to me,

Wid Kitty McCrea. WHEN CRAMPED, KEEP WITS

A cramp is merely a contraction of the muscles caused by the penetra-tion of the cold. Obviously, it could not of itself cause drowning. Its worse effect, according to the "Popular Science Monthly" is to cause panic which throws the swimmer off his guard, causing him to let the air out of his lungs and thus allow the air passages to become filled with water. The safeguard against such a panic is absolute confidence in the floating power of the body and a demonstrable knowledge of the proper way to quickly fill the lungs to utmost capacity with air.

The moment a cramp is felt the swimmer should turn on his back and begin to gulp the air, making no attempt to keep himself from sinking. As he sinks he slowly exhales under vater, through the mouth, with the lips puckered as for whistling. It it is a stomach cramp, the knees will be drawn up against the abdomen, but the swimmer should force them out, pushing on them with both hands and bring all his strength until they are fully extended. This will no doubt cause great pain for a few seconds, but as soon as the legs are straightened out the cramps will vanish, and the body buoyed up by the air in the lungs, will shoot up to the surface. There, still inhaling in great gulps and exhaling through lips, the swimmer may float until he regains his strength or is picked up.

In case of cramp in the leg or arm the same system of breathing is fol-lowed and the affected part is straightened out by sheer strength.

DON'T GROW BITTER

'He who is bitter is beaten. This is distilled from a life," said a wise observer of his kind.

Often one meets the man who has become sour by his own life through his own fault-though he blames it all on the chances and circumstances of destiny. He will not admit that the hand of a bad habit dragged him down or kept him from rising; that he made a misstep or took the wrong turn of the road. He prefers to charge impersonal Fate with his personal failure. But he had the same right to struggle and win that we all have. The man whom he regards with envy had to prove that the stuff was in him, against odds. The proverb says that Fortune favors the brave—but that saying really means Fortune plays no favorites and

confers her gifts only upon those who fight hard. No ruin is so pathetic as the ruin of a man. We may spare our solemn meditations on the moss-bound, ivycovered castle and spend them on this man before us, who started well and is making a poor finish. He has "lost his self-respect." The first sign of it is in the outward semblance. He does not care what he throws on from the back of the chair in the morning. He does not care how he shuffles and shambles down the street, dodging his creditors. The street, dodging his creditors. The light of the other days has died out of the east for him. The ghost of Might-have-been has ceased to pursue him./ He slides along in a groove, like a car upon its rails. He has lost ambition beyond the primal urge toward the satisfaction of the elements hysgical wants. He lives

Ideals? He curls the lip at them. lately. Spose he's glad he don't He cannot sell them for anything. have to buy any fireworks this year." He merely goes through the motion. His future—is behind him. Perhaps it would be right to say that his future and his past have changed places, for his past lives with him still. From the time that he let himstill. From the time that he let himstill. So we have the learn hitter his particular will we have to learn the learn his lives with himstill.

first time, and perhaps they feel a little nervous about it. Let all such timid folk take cour-

age, for if they follow the exercises with generous dispositions they will derive such benefit from them that, in future, they will wish to make the in future, they will wish to make the retreat annually. These few days of prayer pass quickly and this is because we are all so fully occupied with the things of God and with what touches us most closely, namely, our own salvation. We have to thank God for past blessings, to purify our souls, to meditate on the truths of our Holy Faith and thus fortify our our Holy Faith and thus fortify our souls to meet coming difficulties. Now we all desire that the effects of our retreat may be lasting; and to obtain this result we must take our measures accordingly, and among these we may enumerate the following: Have a clear idea in what the

fruit of the retreat consists and bear in mind that the retreat does not plane away all difficulties. After these days of silence and prayer you will find yourself still beset by temp-tations: your irritability, laziness, pride or stubbornness will not have died a natural death, simply because you have made a good resolution to fight against these detects. The same daily difficulties will present themselves, but you will be wiser as about three minutes later as he came regards the means that must be taken to overcome them, and also you will find that your will has been strength. ened to grapple with them. So let there be no illusions on this point; and when you are praying devoutly during the retreat do not imagine that the whole year will pass in this sweet contemplation of Heavenly things, and that the devil will never dare tempt you again.
2. Make a sensible practical rule of

life. This involves looking your dif-ficulties in the face and settling how you can best meet them. Do not attempt too much in the fervor of the moment. Your little rule of life bad! Crystal Cove?"
should regulate your duty toward God, your neighbor and yourself, and it should not be complicated or rigid.

Make two or three resolutions at the most; in many cases, one will suffice, and let it "hit the nail on the head."

his voice would lost in the din. "Bacon, Jim 4. Cling to the sacraments. If

during the coming year you never through your own fault omit frequenting these sources of grace, you will be doing much to assure the success of your retreat. For the Sacraments strengthen the soul and enable it to resist its spiritual foes

Lastly, never yield to discouragement, for this ruins so many. Trust in God and rise promptly after a fall, even though you fall twenty times a day.—Catholic Columbian.

#### OUR BOYS AND GIRLS

THE MESSENGER BOY When he goes whistling down the

street His eyes are young and young his

feet-He does not know the words that stand Like rows of flame within his hand.

He casually rings the bell Of 42, where all is well, And waits there in the vestibule.

Where it is hushed and clean and cool; A careless lad, who does not guess

The words he brings bring emptiness. Bring sorrow and engulfing tears, And change the smooth march of the years.

The door is opened. Nevermore Will one pass through that friendly

White fingers tear the envelope, White fingers through the message

There is a cry, a sound of feet. \* \* A boy goes whistling down the street. CHARLES HANSON TOWNE

JIMMY'S FOURTH OF JULY "What's the matter with Dad

front steps.

"Why, Jimmy!" said his sister
Ruth reproachfully. "The Fourth
of July ien't out of date. It's only
the firecrackers. If you were in
Europe you wouldn't want to hear a
firecracker ever again."

"Well, I ain't in Europe," said
Jimmy crossly, "an' all the fun is
gone out of the Fourth. It used to
he more fun than Christmas, and front steps.

be more fun than Christmas, and ings and themselves stowed in the

use!" More gloom.

"What did you say about Dad?" asked Ruth hastily to change the subject.

"Oh, nuthin." I jest wondered Jimmy sank wearily upon the front

rige toward the sants. He lives elemental physical wants. He lives from hand to mouth, and a meal is only a meal to him.

About "Oh, nuthin." I jest wondered what made him grin so everlastingly steps. "Why, Jimmy!" said Ruth indig-nantly, "that's an awful way to talk. You always had more fireworks than other boys, and where's your

Mr. Bennett came out of the porch still wearing the obnoxious grin.
"Well, Jimmy," he said cheerfully,

and caused him to remark hastily, "Ouch! Say, Dad, what made you grin so much all day? You look like a Cheshire cat."

"Well," said his father slowly, "if I were you I believe I'd get up early in the morning to see if I could find

Find out what ?" "What made me grin," said his ther. "Now get to bed, youngster, there's another day coming.'

"Wisht it was over with," grumbled Jimmy as to the surprise of his father and sister he rose and

went quietly into the house 'What's the matter with that boy? said his father laughing.

"He misses the fireworks," said Ruth. What have you up your sleeve, Dad? I'm sure it's some thing nice for Jimmy." Your mother thought of it," said

Mr. Bennett as he unfolded his plan. 'And I expect to enjoy it just as much as Jimmy."

Early next morning Jimmy awoke

with an odd sense of expectation, but when realization came to him that this was a safe and sane Fourth, he turned over in disgust.
"Jimmy," called his mother.

Your father wants to see you on the

about three minutes later as he came out on the porch. Then he stopped short in his amazement! Ted Martin. Pete and Bob Hayes, Chuck Cummings and Harry Allen, attired in their Boy Scout suits, sat in a row on the front steps, and it was hard indeed to tell which had the widest grin. His father, too, was smiling broadly as he tightened the strap on a queer-looking bundle which he slung, knapsack fashion, upon his back. Seven new fishing rods stood near the bench and Jimmy's eyes glistened as the meaning of it all came to him.

For a moment he was speechless and than he gasped eagerly, "Oh, His father nodded, for the five scouts, who had been bribed to

silence that Jimmy's surprise might be complete, set up such a shout that Holy Ghost;" again in confirmation his voice would have been completely Bacon, Jimmy !" shouted Chuck

"Bacon, Jimmy!" shouted Chuck above the rest.

"An' fresh bune!" yelled Ted.

"We're gona cook it on a stick!" cried Pete, doing a little war dance the bacon around the—"

"Breakfast when we get there?" shrieked Bob. "Hey, Jimmy, get your scout suit and let's get started!"

"We're gona fish?" asked Jimmy.

"We're gona fish?" asked Jimmy.
"Catch a bunch fer lunch, "said
arry. "Aw, hurry, can't you? I'm most starved !"

Jimmy cast a grateful glance at his father and plunged wildly upstairs for his scout suit.

Five minutes later they were on

their way, and by eight o'clock an hilariously hungry crowd entered Crystal Cove.

The fire was made and strips of bacon speared on sharpened sticks, sizzled and dripped and sputtered for a few brief seconds and then embedded in fresh rolls, disappeared out laborable ved. with great rapidity.
"Gee, this is great!" said Pete between bites. "I never ate such

bacon! Your Dad is a good scout. Mine never would have thought of

"You bet he is," said Jimmy heartily, while in his heart he determined many things.

And then the fishing! By eleven

o'clock they had a fine string of fish
—more than enough—so they all
went for a swim in the lower end of the cove where the water was as clear as crystal and there was a fine sandy bottom

They came out with such appetites that they could scarcely wait to clean and dry the fish for lunch. Nothing ever tasted so delicious.

Suddenly a thought struck Harry. Goodness! We gotta be back for he parade," he said, "an' it's awful

"You'd think he was glad the Fourth
of July had gone out of style," and
he dropped in a sullen heap on the dusty in the noon-day heat took the

now look at it! Last year was bad enough, but this n will be worse. Nuthin' but a parade! And an ice cream cone! Shucks, what's the long dusty road at a rate that would read the world was bedecked with flags and bunting, and they were speeding towards town over that cream cone! Shucks, what's the long dusty road at a rate that would read they were the speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over that long dusty road at a rate that would read they were speeding towards town over the speeding towards town over the speeding towards towards towards to the speeding towards towards towards to the speeding towards to the speeding towards t

"Some day! This Fourth of July, Dad," he said.—Extension Magazine.

### HONOR THE CRUCIFIX

The cross is the sign of our re self grow bitter he began to lose.—
self grow bitter he began to lose.—
Exchange.

"Well, Jimmy," he said cheerfully,
"what are you planning to do tomorrow to celebrate?"

"Buy thrift stamps," said Jimmy,
still immersed in gloom. "Maybe
that the privilege of making a retreat
in past years are doubtless looking
forward to these spiritual exercises
forward to these spiritual exercises
forward to these spiritual exercises

"Well, Jimmy," he said cheerfully,
"what are you planning to do tomorrow to celebrate?"

"Buy thrift stamps," said Jimmy,
still immersed in gloom. "Maybe
that'll help fire a gun or two somewhere's else. Gee, I wish I was over
there to do it myself. I envy Bob, I
do!"

still wearing the constant with said cheerfully,
we adore our Blessed Lord Who died
on it for our salvation. The cross
tops our steeples, surmounts our
altars, adorns the Christian royal
diadem. The Bishop wears it as a
breastplate; it is the insignia of his
dignity and power, and of the obligations to his flock. All good Catholics
wear it, priests, nuns, and lay people, demption. As Catholics we revere it, salute it, and whilst venerating it forward to these spiritual exercises more eagerly than they anticipate their summer holiday, for the retreat is the true rest and strengthening of your soul for the work of another year; or, it may be the preparation for death for those who are nearing the brink of eternity. Others are preparing to make a retreat for the

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cross inside or ostensibly as a watch guard, or suspended about the neck, a lady's most suitable ornament.

The crucifix has the place of honor in our churches, and how beautiful it looks when given the prominent place in the Christian home. But too often we miss the cross from where it has a right to be: its place, alas! is given to a portrait, and pro-

fane paintings or engravings are substituted for religious pictures. To bless oneself with the sign of the cross is a profession of faith in Jesus Crucified. The demons tremble at its very name or sign. Our Lord has made it the key of heaven for all: if we but use it according to its meaning, reverence and venerate its rights, it will open for us the celestial portals.

Holy Church has set aside spec ial feasts in honor of the cross of Christ. She prays to God "that her children may conquer carry off a place of triumph in our heavenly home by the virtue of the beautiful sign of the cross," thus professing and teaching us that our salvation is wrought by the holy cross. In baptism salvation comes to the child by this holy sign baptize thee in the name of Holy Ghost;" again in confirmation when the Bishop confirms him in these words: "I mark thee with the sign of the cross," and the one confirmed promises allegiance and fealty to his God even at the price of his life. And what is it that consoles the dying Christian but the last blessing of the priest, the last glimpse of the cross, the last kiss of his crucifix? After death the cross seals his coffin and marks his resting place in consecrated grounds. And on the last day, the cross of Christ shall be the flaming sign of salvation when it shall appear in the heavens, luminous, comforting indeed for the elect, but terrifying for the damned. On that great day the cross will be the rallying sign for those who shall have stood, fought and conquered by it. They will then be blessed by this wonderful sign, and their hearts will bbe filled with joy. — St. Paul

Everything is possible; but without labor and failure nothing is



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