

CHATS WITH
MEN
 A cramp is merely a oontraction of
the munooles counsed by the penetra
tion of the coid.
Obvioualy, it could the musoles caused by the penetra
tion of the coid. obviousty it could
not of itselt cause drowningo Ite worse effect, acocraing to the "Popu
lar Soiencee Monthy" is to oause panie
which throws the swimmer off hie which throws the swimmer off hie
guard, causing him to let the air out guard, causing him thie the air out
of hil Iunge and thus allow the nir
paseages to become flled with water. paseages to become filled with water
 strable onnowledge of the a propemon.
to quickly fll the lugs to ntmost
ont capacity with air. owimmer should turn on his baik
and begin to gulp the air, making no
ate attempt to keep himeill from sinking,
As he sinks he slowly exhales under Water, through the mouth, with

 and bring all his strength until they
are fully extended. This will no
do doubt cause great pain for a feo
geocond, but as ooon as the legs ar
gtraightened out the cramps will straightened out the cramps wi
vanish, and the body buoyed up
the air in the longe will
bhoot the air in the unge, will shoot up
the surface. There, etill inhaling in
great gulps and exhaling througl great gulpg and exhaling through
puokerod lipe, the swimer may
float antil he regains his strength or picked up.
In case of cramp in the leg or arm
he eame yystem of breathing ii fol
owed and the raightened out by sheer strength.
"He who is bitter is beaten. This
Otten one meeta the man who has his own tault-though he hite through it
all on the chances and circumatance of destinn. He will not admitit that
the hand of a bad habit dragged him own or kept him from rising; that
e made a misstep or took the wron oharge impersonal Fate with his per ight to struggle and win that we al as in him, against odde the the stu proverb bays that Fortune favors the
orave-but that eaying really mean that Fortune playing notavoritee and ho fight hard. of a mar. We may spare our eolemn
meditations on the mose-bound, ivy overed oasto and spand them on
his man before us, who started well lost his self-renpent.".The frist sign
it is in the outward semblance from the back of the chair in the
morning. He doe shuftles and shambles down the
stroet, dodging hii oreditors. The
light of the other days has died out Might. have boen has ceased to pur-
gue him./ He elides along in a groove, like a car apon ite rails,
has lot ambition beyond the primal
urge toward the eatitent elemental phytioal wante. He lives
from hand to mouth, and a meal i
only a meal to Ydeals ? He curls the lip at them
He cannot sell them for anything
He merely goee through the motion His future-is behind him. Perhaps
it would be right to say that hie places, for hie past hives with him
still. From tho time that he let him
sild Belt grow bitter he began to los
Exchange. We are now in the Retreat geason
of the year. Those of you who have
had the privilege of making in pate yeara are doubtless looking more eagerly than they antioipate
their
temmer holiday, tor the retrea your soul for the work of anothe
year ; or, it may be the preparatio the brink of eternity. Others ar
preparing to make a retreat for th

Let all suoh timid tolk take cour-
age. for it they follow the exeroisee
with generoue diepogitions they wit With generoue diepositions they will
derive suah benenit trom them that,
in future, they will wieh to make the in future, they will wrikh them thate th
retreat annually. These few days
praye
 And waits there in the vestibule,
Where it is huehed and clean an cool; lad, who does not guees
A careles lat
The words he brings bring emptinese. Bring sorrow and engulfing tears,
And cohange the smooth march of the The deares is opaned. Nevermore
Will one pass through that friendly White fingers tear the envelope,
White fingers through the messag
Tbere is a ory, a sound of feet. $* *$
A boy goes whithing down the street. JIMMY'S FOURTH OF JULY
"What's the matter with Dad
 of July had gone out of style,", and
he dropped in a sullen heap on the
front etepe.
 the firecrackers. If you were
Rurope you would twant to hear
firecracker ever again." "Well, I ain't. in Europe," said
Jimmy crosil, "an" all the tun is
gone out of the Fourth. It used to to
be more tun than Christmas and

 "oh, nuthin." I jest wondered
What made ham grin вo everlastingly
lately. S'pose he's glad he dont
 nantly, that'E an awtul way to talk,
You always had more flreworks than
the other boys, and where's patriotiemnett came ouf of the poroh
gitll Wearing the obnoxioung grin.
sil Well Jimmy "Well, Jimmy," he said oheerfully,
"What are you planning to do to.
morrow to eolebrate ?"
 that'll help fira a gun or two tome
where $\theta$ else. Gee, I wish. T was over
there to do it myeale. "You blood thirsty young haythen,"
said his father playtully pulling his
hair hair. But the smile was gone, ana
the thought of Bob, his oldeat gon
mho most of the a croseneess out of the buich to
between biver. never ate such
bacon! Your Dad cis $\begin{aligned} & \text { god } \\ & \text { Mine never would }\end{aligned}$ have thought of


$$
\begin{aligned}
& \text { this "o bet he is," said Jimmy } \\
& \text { "You beal } \\
& \text { heartily, while in hie heart he de. } \\
& \text { termined many thinge. }
\end{aligned}
$$

$$
\begin{aligned}
& \text { termined many thinge. } \\
& \text { ond then the finhing By eleven } \\
& \text { o'elock they had a flue tring of fity }
\end{aligned}
$$

$$
\begin{aligned}
& \text { went for a ewim in the lower end of of } \\
& \text { the coove where the water was as } \\
& \text { olear anorytal and there was a fine } \\
& \text { gendy bottom. }
\end{aligned}
$$

$$
\begin{aligned}
& \text { sendy bottom. } \\
& \text { Theyt come with suoh appetites } \\
& \text { that they could soarcely wait to clean } \\
& \text { and dry the fish for lunoh. Nothing }
\end{aligned}
$$

$$
\begin{aligned}
& \text { that they could soarcely wait to colean } \\
& \text { and dry the fish for lunoh. Nothing } \\
& \text { ever tasted bo delicoun. } \\
& \text { sudendenty thought struck Harry. }
\end{aligned}
$$

$$
\begin{aligned}
& \text { Sudenly a thought struck Harry. } \\
& \text { "Goodnese. We gotta be baok bor } \\
& \text { the parade," he said, "an" it's awfal } \\
& \text { hot?" }
\end{aligned}
$$

$$
\begin{aligned}
& \text { surevy get them there in plenty of } \\
& \text { time to tane an aetive part in the } \\
& \text { big patriotio parade }
\end{aligned}
$$

$$
\begin{aligned}
& \text { big patriotio parade } \\
& \text { Jimoout nine ocolok that night } \\
& \text { Jimy fank wearily upon the front }
\end{aligned}
$$

$$
\begin{aligned}
& \text { stepp. } \\
& \text { Some day! This Fourth of July } \\
& \text { Dad," he eaid.- Extension Magazine }
\end{aligned}
$$

HONOR THE CRUCIFIX

$$
\begin{aligned}
& \text { The oross is the sign of our re. re } \\
& \text { demption. As Aatholics wer rever } \\
& \text { di, salute it, and whilst veneratig it }
\end{aligned}
$$

Good Quality Tea, properly brewed, takes away fatigue, and is absolutely harmless, as a daily beverage - $T$ TRY
 once, and you'll never forsake its use.

| a lady's most suitable ornament. <br> The crucifix has the place of honor uaratis peciís |  |
| :---: | :---: |
|  |  |
| in our ohurches, , and how beautitulit looks when given the prominent |  |
| plaoe in the Christian home. But, too often we miss the cross from |  |
| ree it has a right to |  |
| fane paintinge or engravings are |  |
|  |  |
| the cross is a protessien of taith in |  |
|  |  |
| Jebus Crucifed. The domons trem.ble at its yery name or sign. Our |  |
| ber at its very name or sign. Our Lord has made it the key of heaven |  |
| for all if we but uee it according to |  |
| its meaning, reverence and venerate |  |
| ite reatien, it will |  |
|  |  |
| Holy caurch has set aside speo. |  |
| of Christ. She prays to God "thayher children may conquer and |  |
|  |  |
| carry off a place of triumph in ourheavenly bome by the virtue of the |  |
| beautitul sign of the crose," thus |  |
| professing and teaching us that one salvation is wrought by the holy |  |
|  |  |
| to the ohild by this holy sign; "Ibaptize thee in the name of the |  |
|  |  |
| Father and of the Son and of the |  |
| when the Bishop confirms him in |  |
| these words: "I mark thee with |  |
| flrmed promises allegiance an |  |
| Ity to his God even at the price |  |
|  |  |
|  |  |

## OUR CHIEF WORK


we Pay 4\%
Wo pay 5
wo collect
We Act as Business Agen
tor persont xho daire thalt
We Rent
Capital Trust Copporation
Head
Writo ou tor treoe avicico on any fancecal $m$.

domilanain



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Cacacola
KING wor BoILERS IMPERIAL RADIATORS


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eration and radiation of heat are
combined in King Boilers and
Imperial Radiators. If you are
interested, let us se
descriptive literature
posite of natural fruits so delicatel
blended that the palate is unable distinguish any one of the compo

The art of compounding flavors has be
come a science which requires a iifetime
to master. That is why it is oo difficult to
imitate the distinctive flavor of Cocn.Col.
STEEEAND RADIATTON LIMVTED



Peerless sTRem

