Work.

"To a young man just beginning the battle of life I would say: Work, work, work; work hard. Be persistent. Mind your own business. Don't attempt to ameliorate the condition. tion of the world alone. There are philanthropists engaged in that par-Attend strictly to business; and, if you have found the place for which your taients fit you, you are bound to succeed sooner or

An Enemy.

There is nothing on earth so good to have as a friend; yet it is sometimes better to make an enemy than a friend. A friend that is made by doing what is wrong, or by leaving undone what is right to do, is in fact a deadly enemy. Think of this when tempted to "do as the rest do," when conscience does not

Goodness Requisite for Gentleness. To be a good Christian makes a man a gentleman. It is inborn gentleness that cannot be acquired. A man with an assumed polish or varnish may deceive for a time, but he is bound to be tray himself sooner or later. But for a man to be called a gentleman simply because he dresses well and knows what to do with his knife and fork at the table is preposterous; while these little things are adjuncts, real gentleness consists of honesty, scrupulous ness in the smallest things, and a refinement and courtesy that is for the poor as well as for the rich, the lowiy as well as for the great. What detest able men are those who reserve their manners for people they consider of who cut and slight those m they do not consider on the same social plane with themselves !

Chat by the Way. Get a man's record while he is alive. His tombstone can't be relied on. If a friend lends you his staff to-day

do not expect him to carry you on his back to morrow. It is the great art and philosophy of

life to make the best of the prese whether it be good or bad; to bear the bad with resignation and patience, and to enjoy the good with thankfulness and moderation

The duration of man's life should not be estimated by his years, but by what he has accomplished - by the uses which he has made of time and opportunity. By inuring our mind and body to ex ercise and activity, we double the years of our existence.

Every one desires that his labor should command respect, but few understand the way to bring it about. It will never be done by leaving one em ployment for adother; the same char acter will shine through both. Instead of this, let each one put the very best and highest qualities he can command into the work he has on hand; let him throw his whole soul into it, becoming one with it, hoping, laboring, and, if need be, sacrificing for it, so that he makes it grow in excellence.

What to Do When Cares Assall.

"When I was a boy," said the middle aged man, "we used to have a song about driving 'dull care away.

I dare say that children are singing the same song to-day. It was a good, cheerful, lively song, and we used to sing it in school. But as I remember is song must have been sung more as a preventive than as a cure, becuuse we didn't have any care in those days; we used to sing the song without any adequate notion of wha care was ; we used so gallop through it in the cheeriest sort of way possible "So 'dull care' is a brand that

never disturbed me in the least. It is associated in my mind with youth with a period of life when I actually didn't know what care was, and when I laughed at it, as 1 did at everything And I can laugh at 'dull 'care now, or smile at it, anyway.
"The first kind of care, that I ever

struck that did disturb me was the brand known as 'carking care.' This is a pretty sandpapery sort, very dif-ferent from 'dull care', and when a man finds 'carking care 'coming his way he wants to shunt it off at any

cost. "And the same may be said of the various other brands of care that one may encounter as he goes through life, which may be well known, staple brands, such as can be found anywhere if a man is looking for care, or which may be cares peculiar to the man or his situation. But of whatever brand they may be, common or special, shunt 'em off.

"Care never helped any man. A sense of responsibility is one thing that's just enough good ballast to hold a man steady, but oppressive care is quite another thing, and one that never did anybody any good. It over

loads and hampers him.
"Throw it overboard! You can do twice as much work and earn twice as much money, to say nothing of being blessed with a far keener enjoyment of

When Muscles Get Tired.

Only when your muscles attain that tired state when they begin to call on other organs of the body for support should heart or lungs begin to come into play. Then they will be of use. And then, too, when you breathe hard or your heart beats fast the increased circulation of the blood and motion of the lungs are of benefit to you in every way. With every breath clean new blood goes through you. Your lungs have expelled every trace of tainted air and are cleaning house. You are sweeping your body out with a thou sand tinv brushes of fresh air and red or your heart beats fast the increased

And you will notice that in this normal state where your organs begin to do their work only when they are needed the increased action of the heart and lungs does not send the blood ham mering into your head. It does not make you dizzy, though the heart action may be increased far beyond the usual tempo. You do not get red in the face, and if you perspire it is a gentle perspiration that comes out all over the body instead of spurting out in spots. That shows that you have retained the balance all through your body. Your organs and muscles and even the pores of your skin are working in unison, each doing exactly its share of the work and no more. you ever listen to a great locomotive or a marine engine starting on its work? Did you notice how quickly the jangling and clattering of a thousand metal parts resolved itself into one whole and harmonious blending of sound? That is balance. And that is the way to make your body work if you wish to take exercise. Any other way is suitake exercise. cide and not exercise.

What a Boy Can Do.

The success which has already attended the efforts of the young American sculptor Augustus Lukeman, and still more, the promise of future greatness show what avenues for fame and fortune are open to the boy who has abil-ity and determination. Our young folks should read with interest this clipping from a New York paper :

A little boy born in Richmond, Va., but living in New York, happenened by mere chance to look in at a boys club and reading room and became one of its constant visitors. The philan-thropic people who established the place had engaged a sculptor, who fitted up in the rooms a little work shop where he modeled in clay and carved in wood. The boys looked on, fascinated, and were encouraged to try their hand This was the beginning of sculpture for a young artist who is rapidly mak-

ing his mark in his profession. H. Augustus Lukeman was the boy's name; he is a living proof of the wis dom of teaching all young children to use their eyes and hands, just as they teach it on a larger scale at the Pratt astitute in Brooklyn, and many other schools in this city, Boston and Phila delphia. As he grew older he passed through many phases of schooling and He studied at the schools of the Cooper Union and the Academy of Da sign, passed four years at the iron and

bronze foundry of John Williams and was a foreman of sculptors at the World's Fair. He entered the studio of Launt Tnompson as a boy, and fol lowed thus the footsteps of the old sculptors and painters who began their careers by preparing clay or rubbing up colors for their masters. At present he is competing for the Reinhart Scholarship, which gives the winner a long of work and travel in Rone, Greece and France, with headquarters at the American School in Rome. The subject given out for competition in his scholarship is the meeting between Achilles and his mother, when Achilles has lost his armor along with Patroklos, his friend, and his mother, the sea goddess Thetis having begged of Jupiter new arms for her son, brings them to him fresh from the workshops of Vulcan. This scene is to be modeled in almost complete re lief on a scale of half the life. If Mr. Lukeman is successful, he will gain an experience of the Old World such as many a sculptor twenty years his other."

The scholarship, For answ

Chaos Comes the Dawn" was recently shown in New York.

Some years ago Mr. Lukeman thought it well to get the benefit of the art atmosphere of Paris, and went to France with letters for M. Falguiere, the sculptor. There he studdied in the Beaux Arts, and on his return, after working for D. C. French on various monuments, opened a studio of his own. Equipped as very few in his profession and taught in the rude school of self-help for years before he could obtain orders for statuary, Luke man has an excellent prospect of reaching distinction. - Charles de Kay.

which is called the American Prix de Rome, has been held lately by McNeil,

whose imaginative bas relief "Out of

ST. ANTHONY'S VISION.

Oae night, when St. Anthony Padua was staying with a friend in the city of that name, his host saw brilliant rays streaming under the door of the Saint's room; and, on look ing through the key-hole, he beheld s little Child of marvellous beauty standing upon a book which lay open upon the table, and clinging with both arms round Anthony's neck. With an in-effable sweetness he watched the tender caresses of the Saint and his wondrous Visitor. At last the Child vanished : and Fra Antonio, opening the door, charged his friend, by the the love of Him whom he had seen, to 'tell the vision to no man "as long as he was alive.

If you are tired and dull, can't get rested, and have no appetite, take Hood's Sarsapar-illa. It enriches and vitalizes the blood. Parents buy Mother Graves' Worm Exter-

minator because they know it is a safe medi-cine for their children and an effectual ex-peller of worms. Where can I get some of Holloway's Corn Cure? I was entirely cured of my corns by this remedy and I wish some more of it for my friends. So writes Mr. J. W. Brown, Chicago.

OUR BOYS AND GIRLS.

THE HEROIC COWARD.

The walk to school was a pleasant one. Helen sang softly to herself as she swung along the shaded country road with her bag of schoolbooks sway ing to and fro on her arm like a great pendulum of knowledge. At the corner Leonard Green joined her, as usual. That was one reason why the walk to school was a pleasant one. Helen and Leonard liked one another thoroughly and with pure school boy

and girl frankness.
"Hello! I expected to miss you today," cried Leonard. "I had to wait for Aunt Kitty to finish a letter."

"And I had to wait to wash the dishes," said Helen. "It was Mildred's turn to do them, but she began by scalding her hand, poor child, so I had to stop and finish them after I had made the beds. You know we take turns."
"My! Wish I had a brother to take turns with me !"

"Yes, but you would have to share your pleasures, too. How would you like to take turns on your trips to the How would you like continually to be taking your choice between some pleasure and the overwhelmning edness of generosity? Say! How would you always like to feel you must either give up the best end of a thing or else make your brother give it up H'm ?" asked Helen, nodding her head

merrily.
"Well, that would be Dobbins choice," admitted Leonard; "but perhaps we could both go together some And a thing is always more times. And a thing is always more fun when there is another fellow along Why! what does this mean?" For chatting carelessly along, they had, in turning a corner, come directly upon a large sign which blocked the road

Dangerous Passing! This road is closed for repairs."

"It evidently means they are repair ing the old red bridge they've been talking about so long," said Helen. "But let's go on! They can't have torn it all up so early in the day and it's a mile farther around the other

"It'll be a mile and a half if we go clear to the bridge and then have to go

back."
"But I shan't go back if there is a single plank to cross on !" declared Helen, merrily.

"Then, certainly, we would better take the other road, so you won't be tempted to run too great a risk," said Leonard.

"H'm!" sniffed Helen. "If I'm not afraid, you needn't be a coward for me! Come on!" The voice was imperative and the one scornful. conard knew it would be wiser to obey the warning on the signboard, but Helen's scorn provoked him to walk on with her.

"There!" cried the girl, when they came in sight of the old red bridge. There are the men at work on the bridge. And see! There are planks all the way across!"

strong all the way across," said the man, dropping his iron and coming towards her. "Ye'd best not try antowards her.

little laugh, and, slipping away from all detaining hands, sprang from board to board as lightly as a sunbeam, until she stood on the firm ground at the south end of the bridge. Then she turned and laughed at their frightened

"Now, Leonard, show your cour-

age!"
No, no!" cried the man, hastening to prevent by force if need be this foolbardy attempt. "The lad weighs fifty pounds more. He shall not try

"But the boards did not even bend or crack," said Helen. "They are as firm as they were last week when tons of hay came over — only the top planks off. Come on, Leonard, or you will be late for school, and I shall tell them all it was because you were s 'fraid-cat. Come on !"

"If ye step one fut on the bridge,I wash my hands of all consequences, said the foreman.

"Come on," laughed Helen, "if you

are not a coward. Leonard set his lips firmly. A dare is one of the greatest temptations a boy can meet. The boy who can be brave and strong enough to risk a dare is safe in all manner of temptations. Evil can scarcely reach one clothe with the invulnerable mail of courage to appear a coward for wisdom's sake Shall I run half way to help you?

laughed the sweet, taunting voice."
No!" shouted Leonard. "I will not run such a risk for the mere nonsence of showing my nerve. I should be ashamed to do it. I will not come

one step ! "Yes, you will!" cried Helen, piqued now to show the strength of he nfluence over him. "Come, little boy!" she laughed, teasingly, as she tripped lightly back over the blacken-ed boards. "Come to school with—"

A crack, a crash, a scream of terror The next instant Helen was hanging by her dress and one arm to the beam below, where a treacherous board had broken and let her through. She tried o secure her balance and climb back but the catching of her dress, which saved her from being plunged into the swift flowing river below, now held her

so securely that she was helpless.
"Arrah! Arrah!" cried the men,

"Run for a ladder. It'll never do for any man to venture on them rotten boards, which even that light little creature couldn't go! Run for a ladder or a boat! "She'll drop afore ye could get

either," muttered another, peering over at Helen's ashen face.
"Give me that rope!" cried Leon-

ard, with unflinching eyes. One of them handed it up automatically. To obey such a spirit was in-

stinctive. "Shore, ye mustn't go a step onter the bridge or we'll hev two o' ye in the fix," whispered the foreman, hoarsely.
"Hold this end! Strong now!
Pass it around the tree!" commanded

Leonard, and without a moment's hesitation he began to creep cautiously over the skeiton bridge. The men held their breadth to watch the brave lad. Once, twice, a board cracked and almost gave away, but Leonard quickly threw his weight back and advanced from another direction. When he reached Helen she was to exnausted to help herself, but by the aid of the rope they managed at latt o draw her back to the safe, fi m earth once more. Then how the men cheered! And how proudly they shook hands with the pale young hero

"Shore, ye did a big thing to risk yer own life to save others after all her tauntin'," said one of the men, bluntly, but with honest feelings; but, me lad, the bravest thing ye did was to refuse to run the risk for s mere stump! 1 wish I had a boy o my own wid your spirit !"

One of the men had hastened to the earest barn for a horse and carriage, and poor foolish little Helen was taken ome as tenderly and with as little re buke as if the accident had not been caused wholly by her own folly.

It was over a week before her strained nerves would admit of her seeing any one. Then she called for Leonard.

"I can't ever tell you how sorry am that I was such a little goose as to tempt you by calling you a coward, she said.

"Oh, that was all right. I suppose I really was one," laughed Leonard, for I nearly fainted with terror the moment I touched the ground with If the men hadn't cheered loud enough to scare my sense back again just then I should certainly have collapsed.

You saved my life," said Helen, "but you would have saved it much more easily if I had only heeded your warning. But, Leonard, honestly, didn't think you a coward for a single minute. I admired you most when I was most scornful, for the boy who can resist a dare to show his courage—and from a girl, too-is a real hero, and I know it. Catholic Fireside.

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bridge. And see! There are planks all the way across!"

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"Shore, Missy, they mayn't be that strong all the way across," said the

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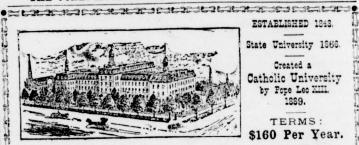
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FIVE - MINUTES' 8 Sixteenth Sunday after

SEPTEMBER 2, 1899

ON THE OBSERVANCE O

"Keep you My Sabbath, for you; he that shall profane it, death; he that shall do any wo shall perish out of the midst Exod. 31, 14. The Pharisees permitte of an ass or an ox on the but considered the healin

sical man a crime. Su must be considered either of absurdity or clear h yet their actions are far than the contempt wi many Christians of the treat the observance of th The Sunday is the day but, alas, many Christia day of the devil, by sp time in frivolity and sin day is a day on which vance nearer to Heave tunately, it is one on wh ceed to eternal perdition. the devil. A terrible to

what commandments God

what duties He has imp through His Holy Chu these obligations are dis Amidst the rolling of the flashing of lightning on Mt. Sinai: "Si thou labor and shalt do but on the seventh day i of the Lord thy God, th work on it, thou nor th daughter, nor thy ma thy maid servant, nor the stranger that is with Exod. 20, 9. This is the mandment which the L and earth has given. I the seventh day of the Lord's day ; in the New day, the first day. It w memory of our Lord's from the dead, and, of

the Holy Ghost. But by day from the last to t week, the law of keeping not changed, but remai But where do we fin the divine mandate count the Christians w. sanctity of the Sunday cessity nor from any leg but from sinful indiffere mand of God. There a as it were in contemp mandment, make the Si work and debauchery a the day following to res Do not be surprised tha day is a day of harvest This becomes more a

consider the duty whi imposes upon us this da

ner in which this observed. The Church c hear Mass on all Sun days of obligation, and fies this precept of the "He that hear Church) heareth Me, a piseth you despiseth M 16, and again: "If will not hear the Churc thee as a heathen an Matt. 18, 17 How ma and publicans does no present to the All-seein These blind unfortune vote one day to the s soul : not one hour to God by assisting at the all mysteries, the holy Mass, and fulfilling an binds them under pair They would rather lose give the honor due to neighbor and pray fo graces. Add to these go to Church, but who during Mass or who b ence or scandalous sanctuary of the Lord sins on their conscistand why hell rejoice

greatest crimes commitity of the Lord's day outraged by innumera intemperate drinking and excesses of all kin if during the week so to offend God and bar the devil, and that the in a hundredfold man on Sunday. This is t crimes that find their jails or on the gailow day for forming licen ces, of mingling with panions, and of en amusements. All the where innocence is body and soul are gi and destruction. Si of riotous drunkener quarrels, of cursing Sunday is the day of wives and children, and fathers squander hunger during the Sunday is the day on vanity reign, whe most time to spread i Sunday is the day reading those detests undermine faith and But enough of th

The performance of

even the neglect of A

convinced without tion, that more sin the other six days. truth, and yet Sunthe Lord. Must n heart of every Chris and sees this day raged? Let us be swell this sinful thre of judgment may n