carried to Rome, to be placed in the church which she had built there,

called of the Holy Cross of Jerus-alem, where it remains to this day.

The title was sent by St. Helen to the same church, and placed on the top of an arch, where it was found in

a case of lead in 1492. The inscrip-

tion in Hebrew, Greek, and Latin is

in red letters and the wood was

whitened. Thus it was in 1492; but these colors are since faded. Also

Macarius, that it might be delivered

down to posterity, as an object of

#### CHATS WITH YOUNG MEN

SMILE!

Smile, once in a while Twill make your heart seem lighter nile, once in a while Twill make your pathway brighter, Life's a mirror—as we smile, Smiles come back to greet us; If we're frowning all the while,

#### AN APPRECIATION

Life holds its disappointments and disillusionments for all. The friends that we once prized often fall away. The hardness, selfishness and cruelty of the world mould us to experience and callousness. We come to recognize that nine out of ten acquaint-ances are looking out for themselves to the exclusion of all others and that expectation of gratitude is bound to end in bitterness of heart.

The conditions of modern life shaping the habits of mankind to a machine-like rigidity, the crowding together of strangers in great cities tend to dull the edge of those finer

All these circumstances put one in ways of this world and the iron force of circumstances we arrive at a just estimate of real kindliness and every instance if it makes for a sane and solid optimism.

Perhaps this is one reason why the hardworking people are most generous. Their days are so filled with harsh words, with the crisp commands of superiors and the unthinking harhness of companions that they appraise a favor when it does come. But they who best understand the potency of the right word well said, of a little praise well given, are people bur-

dened by responsibilities.
Singularly enough the very men who at first sight would be the last to be considered appreciative are they whose every hour is burdened with cares. The heads of great corpora-tions generally have long memories for good deeds done to them in past years. The late Mr. Rogers was considered a hard man, yet his name is linked with countless deeds of kindness by those who knew him as a small boy. Mr. Harriman also carried in that capacious brain of his a corner for all those who in some remote period had rendered to him un-

Among business men commercial travellers are doubtless as hard worked and accustomed to rebuff, as any, yet their success is built up on multiplicity of thoughtful acts done here and there on their journeys. The small dealer in a remote town appreciates thoroughly a small favor ward from the harming the small favor ward from the small dealer in a remote town the small favor ward to the sma from the hurried travelling man. It may not bring immediate returns or

appreciative. Not expecting much gratitude they are touched when they find it. I had occasion recommendate the exchange for her own, communicated her with His own hands, and stamped on her body the print of His wounds. find it. I had occasion years ago to deal at stated periods with a commercial traveller. I never knew his name so slight was our acquaintance. mercial traveller. I never and the name so slight was our acquaintance.

But some time ago, I had need of the prayer of a contemplative Saint.

From this obscure home the seraphic formerly pur. ployed, mentioning the goods and incidentally stating that I had invariably found this man careful. ably found this man careful and obliging. On the next mail I had a polyging. On the next mail I had a polyging letter to the imperial throne, that it is a contessor, sale travelled through or the imperial throne, that it is a contessor, sale travelled through or the imperial throne, that it is a contessor, sale travelled through or the imperial throne, that it is a contessor, sale travelled through or the imperial throne, that is a contessor, sale travelled through or the imperial throne, that is a contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the Holy See, and over his enemies by the miraculous minimum balls and the contessor of the holy See, and the contessor of personal letter from the head of the house, thanking me for that word and requesting me to accept part of the order as an appreciation of good

These instances are quite common and one reason why they are not more frequent is the callousness of the public in recognizing extra ser-vice and care on the part of business

The commercial world may seem hard and cold, but we ought to remember that every department of it are. A failure to attend a customer, a harsh word from some tired clerk are almost invariably followed by a complaint, how often do we go to any trouble to notice extra good service on the part of these hard pushed cogs of the business machine

We cannot blame the world for being callous if we are doing our best to make it more callous than we found it. I have met some boorish conductors on trains and trolleys, but I have never encountered one who did not appreciate a few words of sympathy on a hard night or after a harrowing experience with some cantankerous individual. These men do not doff humanity, when they don a uniform, but finding that the public has this opinion, they unconsciously lend themselves to its increase.

A little sympathy goes a long way and a good memory for small kind nesses is not merely an asset but a blessing to mankind. The man or woman of old-fashioned gentility, and politeness leaves a trail of good humor wherever they go. a sort of small miracle, turning men and women to warmhearted human beings.

Suppose you and I join this small community. The next time we encounter personal care and readiness to oblige on the part of one of the army of toilers, let us notice it and when the opportunity comes, show that it has been appreciated.

If some clerk or servant of a cor-

SHORT SKETCH OF LIVES OF SAINTS OF THE WEEK

APRIL 29 .- ST. PETER, MARTYR

In 1205 the glorious martyr Peter was born at Verona of heretical parents. He went to a Catholic school, and his Manichean uncle asked what he learnt. "The Creed," answered Peter; "I believe in God, Creator of heaven and earth." No persuasion could shake his faith, and at fifteen he received the habit from St. Dominic himself at Bologna. After or-dination, he preached to the heretics sensibilities that pervade primitive communities where the dwellers thow one another from childhood tudes. St. Peter was constantly know one another from childhood tudes. St. Peter was constantly and are knit together by countless obliged to dispute with heretics, and although he was able to confound them, still the devil took occasion It is a ray of sunshine on a wintry day, a smile when we look for a shrug. As we survey impartially the words of Jesus Christ in the Gospel, "I have prayed for thee, Peter, that

thy faith may not fail; and thou shalt confirm thy brethren in it." Once when exhorting a vast crowd under the burning sun, the heretics defied him to procure shade. He prayed, and a cloud overshadowed the audience. In spite of his sanctthe audience. In spite of his sanctity, he was foully slandered and even punished for immorality. He sub-mitted humbly, but complained in prayer to Jesus crucified. The crucifix spoke, "And I, Peter, what did I do?" Every day, as he elevated at Mass the precious blood, he prayed, "Grant, Lord, that I may die for Thee, Who for me didst die." His prayer was answered. The heretics, confounded by him, sought his life. Two of them attacked him as he was returning to Milan, and struck his head with an axe. St. Peter fell commended himself to God, dipped his finger in his own blood, and wrote on the ground, "I believe in God, Creator of heaven and earth." They then stabbed him in the side and he received his crown.

Catherine, the daughter of a hum-

ble tradesman, was raised up to be

the guide and guardian of the Church in one of the darkest periods of its history, the fourteenth cen-tury. As a child, prayer was her de-light. She would say the "Hail Mary" on each step as she mounted the stairs, and was granted in reward a vision of Christ in glory, When but seven years old, she made a vow of virginity, and afterwards orders, but in the long run this course is unfailingly successful. course is unfailingly successful.

Business men are sentimental in

His Heart in exchange for her own, of St. Dominic, but continued to rewinning hardened souls to God. In power of the cross, was very desirthe face well nigh of the whole ous of expressing his veneration for world she sought out Gregory XI. at the holy places which had been hon-Avignon, brought him back to Rome, ored and sanctified by the presence and by her letters to the kings and and sufferings of our blessed Re queens of Europe made good the Papal cause. She was the counsellor of Urban VI., and sternly re-buked the disloyal cardinals who had part in electing an antipope. Long had the holy virgin forefold the terrible schism which began ere she died. Day and night she wept and prayed for unity and peace. But the devil excited the Roman people against the Pope, so that some sought the life of Christ's Vicar. With intense earnestness did St. Catherine beg Our Lord to prevent this enormous crime. In spirit she saw the whole city full of demons tempting the people to resist and even slay the Pope. The seditions temper wa subdued by Catherine's prayers; but the devils vented their malice by scourging the Saint herself, who gladly endured all for God and His Church. She died at Rome at the age of thirty three, A. D. 1380.

### MAY 1 .- STS. PHILIP AND JAMES.

Philip was one of the first chosen disciples of Christ. On the way from Judea to Galilee Our Lord found Philip, and said, "Follow Me." Philip straightway obeyed; and then in his zeal and charity sought to win | make a hole near Nathaniel also, saying, "We have found Him of Whom Moses and the

and it is enough. poration puts himself out to forward an inspired epistle, was also one of others belonged to the two malefac-

his body. He prostrated himself so that God would have regard to their much in prayer that the skin of his faith, and after his prayer, applied knees was hardened like a camel's the cross singly to the patient, who hoof. The Jews, it is said, used out of respect to touch the hem of his covered by the touch of one of the garment. He was indeed a living proof of his own words, "The wisdom that is from above first indeed is chaste, then peaceable, modest, full of mercy and good fruits." He sat sought and so highly esteemed, built beside St. Peter and St. Paul at the Council of Jerusalem; and when St. cross there with great veneration, Council of Jerusalem; and when St.
Paul at a later time escaped the fury having provided an extraordinarily Paul at a later time escaped the Tury of the Jews by appealing to Cæsar, the people took vengeance on James, and crying, 'The just one hath are constantingly that the constanting the constanting the constanting that the constanting the constanting that the constanting the constanting that the constanti

MAY 2,-ST. ATHANASIUS, BISHOP Athanasius was born in Egypt towards the end of the third century, and was from his youth pious, learned, and deeply versed in the sacred writings, as befitted one whom God had chosen to be the champion and defender of His Church against the Arian heresy. Though only a deacon, he was chosen by his bishop to go with him to the Council of Nicæa, A. D. 325, and attracted the attention of all by the learning and ability with which he defended the Faith. A few months later, he became Patriarch of Alexandria, and for forty-six years he bore, often well-nigh alone, the whole brunt of the Arian assault. On the refusal of the Saint to restore Arius to Catholic communion, the emperor ordered the Patriarch of Constantinople to do so. The wretched heresiarch took an oath that he had always believed as the Church believes; and the patriarch, after vainly using every effort to move the emperor, had recourse to fasting and prayer, that God would avert from the Church the frightful sacrilege. The day came for the solemn entrance of Arius into the great church of Sancta Sophia. The heresiarch and his party set out glad and in triumph. But before he reached the church, death smote him swiftly and awfully, and the dreaded sacri-lege was averted. St. Athanasius stood unmoved against four Roman emperors; was banished five times was the butt of every insult, calumny and wrong the Arians could devise, and lived in constant peril of death. Though firm as adamant in defence of the Faith, he was meek and humble, pleasant and winning in converse, beloved by his flock, un tifications, and in zeal for souls. In the year 373 his stormy life closed in peace, rather that his people would have it so than that his enemies were weary of persecuting him. He left to the Church the whole and ancient Faith, defended and ex-plained in writings rich in thought and learning, clear, keen, and stately He is honored as one of the greatest of the Doctors of the Church

MAY 3,-THE DISCOVERY OF THE

HOLY CROSS God having restored peace to His Church, by exalting Constantine the Great to the imperial throne, that deemer on earth, and accordingly resolved to build a magnificent church in the city of Jerusalem. St. Helen, the emperor's mother, desiring to visit the holy places there, undertook a journey into Palestine in 326, though at that time near eighty years of age; and on her arrival at Jerusalem was inspired with a great desire to find the identical cross on which Christ had suffered for our sins. But there was no mark or tradition, even amongst the Christians, to show where it lay. The heathens, out of an aversion to Christianity, had done what they could to conceal the place where Our Saviour was buried, by heaping on it a great quantity of stones and rub-bish, and building on it a temple to Venus. They had, moreover, erected a statue of Jupiter in the place where Our Saviour rose from the dead. Helen, to carry out her pious design, consulted every one at Jerusalem and near it whom she thought likely to assist her in finding out the cross; and was credibly informed that, if she could find out the sepulchre, she would likewise find the instruments of the punishment; it being the custom among the Jews to the place where the body of a crit was buried, and to throw prophets did write, Jesus of Nazar it whatever belonged to his execueth;" and when Nathaniel in won-der asked, "Can any good come out ordered the profane buildings to be of Nazareth?" Philip simply an pulled down, the statues to be swered, "Come and see," and broken in pieces, and the rubbish to brought him to Jesus. Another be removed; and, upon digging to a characteristic saying of this apostle is preserved for us by St. John. Christ in His last discourse had spoken of His Father; and Philip body, and the title which had been had spoken distributed in the farmer of his bithing. spoken of His Father; and Philip body, and the title which had been exclaimed, in the fervor of his thirst fixed to His cross, were found. By for God, "Lord, show us the Father, and it is enough." this discovery they knew that one of the three crosses was that which St. James the Less, the author of they were in quest of, and that the

our wishes, let us make it a point to see that the good deed does not go unrewarded. We shall shortly discover that we have opened the door to a kinder world than we knew the see that the good deed does not go unrewarded. We shall shortly discover that we have opened the door to a kinder world than we knew the see that the good deed does not go unrewarded. But, as the title was sacred wood suffered thereby no diminution. It is affirmed by St. Cyril of Jerusalem, twenty-five years three crosses was that on which our after the discovery, that pieces of the control of the tion. On the dispersion of the aposto a kinder world than we knew before and that the men and women with whom we dealt on cold business even the Jews held in such high ventandards have another side to their extendards have another side to their extendards have another side to their extendards have another side to their extendands have another side to their tion the Redermet From the cross it was difficult to distinguish which of the discovery, that pieces of the divine Redermet crosses was that on which our after the discovery, that pieces of the salvation of the salvation of the world. In this perplexity the holy men are recorded in the Cornel. outlivate. Appreciation brightens life.—A Looker-On in Boston Pilot.

The earliest of Church historians has handed down many traditions of St. James's sanctity. He was always a virgin, says Hegesipus, and consecrated to God. He drank no wine, wore no sandals on his bedy. He prospected himself so that God would have regard to their constantinople, and the feet, and but a single garment on his bedy. He prospected to the sick person, not doubting but God would discover which was the cross they sought for. This being done, St. Macarius prayed to their God would have regard to their God would have regard to their God would have regard to their the same year to Constantinople, and they God would have regard to their constant on the same year to Constantinople, and they constant of the principal ladies of the city lay the principal ladies of the city lay the discovery of the cross must have extremely ill, suggested to the empress to cause the three crosses to be carried to the sick person, not doubting but God would discover which was the cross they sought for. This being done, St. Macarius prayed to their constant of the principal ladies of the city lay the discovery of the cross must have extremely ill, suggested to the discovery of the cross must have extremely ill, suggested to the city lay the discovery of the cross must have extremely ill, suggested to the city lay the discovery of the cross must have extremely ill, suggested to the city lay the discovery of the cross must have extremely ill, suggested to the city lay the discovery of the cross must have extremely ill, suggested to the city lay the discovery of the cross must have extremely ill, suggested to the city lay the discovery of the cross must have extremely ill, suggested to the city lay the discovery of the

#### THE DANGER OF SPIRITISM

In view of the interest aroused by uch writers as H. G. Wells and Sir Oliver Lodge on spiritism or the be lief that the living can communicate with the spirits of the departed, it may be well for our readers to know what the Church thinks on the subject, and what are the dangers, if

any, for Catholics who dabble in it.
We use the word spiritism and not spiritualism, and we desire to em-phasize at the outset that it is the more accurate expression, for spiritualism is a philosophical term to express a belief in the existence of spiritual beings which are just as real as the material things which we

see and touch As to the attitude of the Church on the subject of spiritism or the power of the living to communicate with the departed, it is certain that the Church has made an authoritathe Church has made an authorita-tive statement on the subject. In the words Jesus and Judebrum are old as the Scriptural story of Sactional and the Witch of Endor, but in its modern form it does not go back modern form it does not go back and the Witch of Endor, but in its modern form it does not go back modern form it does not go back and the Witch of Endor, but in its modern form it does not go back modern form The main part of the cross St. Helen inclosed in a silver shrine, and committed it to the care of St. whatever its antiquity be, it is old enough to be a very serious problem and Catholics should be informed of weneration. It was accordingly kept with singular care and respect in the magnificent church which she and her son built in Jerusalem. St. Paulinus relates that, though chips and observation, those daugers are and observation, those daugers are persons of peculiar organization and very real.

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who has given much thought to the subject, the danger attending the palling consequences have followed elicitation of pyschic phenomena and for those who had recourse to spir of communications and messages from the spirit world lies in the hallucinations and other aberation

It is a fact not generally known to the public, as the writer goes on to say, that in these messages the spirit intelligences inspiring them deny the divinity of our Lord Jesus Christ, and in this way attack the entire supernatural structure of the Catho with views whose logical consequence is to contend that spiritists have a truer conception of Jesus ings, even when arranged only for Christ and the religion He established than had the Apostles and Disciples, it is time that Catholics were sens ing a very proximate and a very real danger.

According to J. Godfrey Raupert, temperament; and it can be shown palling consequences have followed for those who had recourse to spirit-ism. They became the victims of peculiar character of the contents of those messages and in the methods employed in the process of their elicitation.

All cinations and other aberations, and in some cases of downright, hopeless insanity. They were not equal to the mental and physical strain which consulting mediums involved.

In view then of dangers which are by no means imaginary it is the part of wisdom for Catholics to beware of practices which are so full of mischief, for whilst the Church does not condemn spiritism, where all error, sorcery and invocation of the demon implicit or explicit, is excluded, she does not hesitate to denounce in scathing terms all spiritistic gather T. in The Guardian

Prayer is the wing wherewith the soul flies to heaven, and meditation the eye wherewith we see God.—St.

We are never so much disposed to quarrel with others as when we are dissatisfied with ourselves.—Hazlitt.

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