### FIVE MINUTE SERMON

BY!REV. N. M. REDMONI EIGHTEENTH SUNDAY AFTER PENTECOST

THE SACRAMENT OF PENANCE A MOTIVE OF GRATITUDE

And the multitude seeing it, marvelled, and rified God Who had given such power to men."

The power which excited the admiration and called forth the gratitude of the multitude, is daily exercised in our midst. quently experience its influence. The Priest of priests brought it to earth to be the exclusive prerogative of the priesthood of His Church. He has bound Himself to maintain it as such so long as there will be men to nd save by its divine influ-He is faithful and just to forgive us our sins and cleanse us

from all iniquity," says St. John. Have we not therefore in this the strongest motive for life-long grati-No such power was enjoyed by even the most favored ones of the Old Law. It was entirely reserved for our priests of the New Law. How grateful, then, should the priests and ople of the New Dispensation be to God for having given such power to men. The leprosy of the body is a figure of the leprosy of the soul in mortal sin. Our Lord severely censured the ingratitude of the nine lepers who failed to be grateful for their cure. Alas, how many there who act the part of the ungrateful lepers after their cure from the leprosy of sin, and thereby deserve the severest censure of our blessed Lord! All relapsing sinners, all who seek not the blessings of this power, are ingrates. No one who consults his reason; no one who reads aright the Sacred Scriptures, can fail to understand that, to be grateful to God for all His gifts, both temporal and spiritual, is a duty which He demands of us. It is safe to say that there is not one of us, no matter how generous and disinter-ested, but will feel displeased and hurt if gratitude be not forthcoming for the gifts and favors he bestows, and this the more so, since gratitude is the least and cheapest return for Ingratitude is very odious favors. Since this is so between man and man, whose favors hardly deserve the name, what are we to think of the displeasure of the offence that is caused and offered to God, whose bounty to His creatures is infinite, our ingratitude for His favors. God is most jealous of His glory ingratitude robs Him of it. God most justly claims as His peculiar right the hearts of His creatures; ingratitude deprives Him of them. God is provoked by our ingratitude, which constantly holds back the generous hand of His bounty and obstructs the overflowings of His graces upon us. He demanded and received the tribute of gratitude from the children of the Old Law for their deliverance from Egyptian bondage, for their miraculous passage through the Red Sea, for the giving of the law upon Mount Sinai, and for the manna which He sent them in the desert. He was displeased when a tribute of gratitude came from but one of the ten lepers. Much more vigorously does He demand gratitude for His favors from us, the children of light and grace, and His displeasure is greater when He receives it not. The Church as a whole in her numerous festivals and offices, but espein her great sacrifice, is constantly at work discharging this duty toward God, the giver of all good gifts. But how do we individually

sin, furnishes motives sufficient for the life-long gratitude of any one of us. Is there one among us that has not experienced the effects of this power, that it has not made All have sinned and need the grace of God," but before he average. The average longevity of more happy? can reach glory, the sinner must have the grace of justification through the of even moderate drinkers. exercise of the power of forgiving sins. "All have sinned," then all who through this power have got from under the bondage of sin, are so highly indebted to divine goodness for this signal mercy, that eternity alone should suffice as the scope of their gratitude. The inestimable value of the gift itself, without which value of the gift itself, without which their salvation would have been the ingly, we grow deficient in morals, forfeit; the frequent provocations to withdraw His mercy which they have general worth. been guilty, of toward God; the tens of thousands that are justly permitted to live and die without this children are the result of alcoholic blessing, are motives so strong, appealing to them for gratitude, that forgetfulness of it can be nothing short of criminal. It is our interest as well as our

duty to be grateful to God. The grace of conversion which this sacra-mental power communicates to our souls is entirely, gratuitous; so to persevere in it we must undoubtedly have a continuation of the same merciful bounty. For it is a truth not to be gainsaid that, unless the former unhappy state. support is to keep up a constant, grateful remembrance of the favors received, by thanking, glorifying, and praising our divine Benefactor. The

Him to repeat and continue His You may overcome the prejudice of liberality. Circumstances the day by preaching the former ometimes dispense us from many penitential duties, but gratitude is consistent with no circumstance. It admits of no dispensation; nothing can exempt us from its practice. Poverty, sickness, employments are from being inconsistent with the fulfilment of the great duty of gratitude, that they furnish us with so many different occasions of obeying the advice of St. Paul: thanks in all things; for this is the

will of God in Jesus Christ." Let us then, dear people, be ever patient and grateful of heart; let us so thoroughly fix in our hearts grati tude to the good God for having given the power of forgiving our sins to men, that it will henceforth be a perpetual sacrifice—a fire that will never cease to burn, no matter hov our heads and hands may be engaged. Let our constant prayer be that of the royal penitent: Lord, Thou hast broken my chains: to Thee will I offer up a sacrifice of praise!"

# TEMPERANCE

STOP DRINKING

To stand at a bar and buy alcohol promiseuously for a row of acquaintances is not a sign of thrift or a true manifestation of friendship. But the whole question of intemperance is a question of character. Many a sodden drunkard has not been openhanded or generous. There are stages of intoxication in which any victim is possessed by the desire to give away his money. This is also a recognizable symptom of forms of insanity. Much treating, to be sure, leads to intemperance. But with the treating habit wholly abolished, intemperance would still exist. Stop drinking, if you have the habit. you have escaped the habit do not form it. That is the best advice to give the young man who goes out much in the world. It is getting to be the fashion now-a-days not to drink. Be fashionable.

#### RAILROAD DISCONTINUES SALE OF LIQUOR

The Delaware and Hudson Railroad Company has discontinued the sale of alcoholic beverages on its dining cars, according to an announce-ment made recently by the anti-Saloon League of New York which has been conducting a campaign against the sale of liquor on trains The League says that the Pennsylvania, New Haven, Lehigh Valley, and the Buffalo, Rochester and Pittsburg Railroads also do not permit the sale of liquor on their trains. Its statement continues:

The Erie does not sell on its dining cars in most States west of New York, and in New York, only with meals. The Lacka-wanna does not sell in New Jersey or Pennsylvania, but does sell on trains in New York. In view of the action of the great Southern and Western systems, the Lackawanna and New York Central are probably the only important railroad systems left in America that continue the sale of liquor on dining cars."

# ALCOHOL AND HEALTH

There is nothing so dependable as the law of average. Throw up a penny three times and it may come down heads every time, or tails every time; but throw it up 300,000 times or 3,000,000 times, and you will find insurance companies fix their pre mium rates on this law of average. comport ourselves in respect to our The particular case in which the soul is brought under the blessed influence of the power of forgiving sins and happily delivered from the a drinker and look doubtfully upon a risk who drinks even moderately. " "ass" or "Confession" made me risk who drinks even moderately. "sass" or "Confession" made me infallibility mean?" They have found that the average of uneasy. My hatred was simply indethose who drink extremely moder- scribable; that is why I feel a throb ately live a shorter time than a tee-totaler. There are exceptions, of of sympathy for the most bigoted non-Catholic now. course, but we are speaking of the true figures may be obtained from any actuary.

to think is lessened; memory is impaired; and all the faculties dead-

Chief of all, it has been proven parents and startling statistics have been computed touching this phase. A man's virility is weakened by alcoindulgence, perance Outlook.

#### ARE YOU A WELL-INFORMED CATHOLIC ?

"There is a great need to-day of a well-instructed and well-informed Catholic laity," says a writer in St. grace that healed us continue to support us, we will fall back into our day of the laity. To this class may Now by far be applied in a broadened sense the to insure this lasting words of our Lord, 'You are the salt heart thus grateful draws down upon the soul a continual profusion of fresh blessings. Every act of praise and it is you who meet the foe face to

good example, by letting the light of your own exemplary lives shine and thus illuminate all about you with the rays of your purity, honesty and nobility of character. In that way you will put prejudice to shame. But to win against ignorance and érror you must possess the weapon of knowledge and understand how to wield it well."

## STUDIED CATHOLICITY TO COMBAT ITS TRUTH

SINGULAR CONVERSION OF ONE WHO HELD ILLOGICAL PREJUDICES

"I'd rather be a Jew than a Cath-

I said it most vehemently, and most sincerely and seriously I meant it. For Jews I had considerable respect; I had nothing but abhorrence for Catholics. It was a religion for the ignorant and idiotic of mankind; no one with the slightest natural good sense, let alone culture and education, could possibly believe in the idolatrous usages of the Catholic Church. It was preposterous to try and make people believe that any one could adhere to the Church of Rome and be anything save an utterly despicable being.

Did I not have some Catholics among my friends? Of course not. Did I ever read any of their books Oh! I knew plenty about them—in fact, all that was necessary; of course I have not read Catholic books! No, most decidedly; but I knew what very clever men had said concerning them. The Catholic faith was a religion in which a lot of unprincipled men, with an arch-villain called the Pope at the head of them, experimented as to how far they could imupon a set of unsuspecting imbeciles.

To-day the great majority of my friends are Protestants, some of whom, while politely repressing their opinions in my presence, hold exact ly the views once held by me relative to the Catholic Church-the Roman Catholic Church they call it, rather begrudging us the title of "Catholic," since it has become fashionable for Episcopalians to style themselves "Catholics, but not Roman Catholics." I know others too tolerant or too indifferent about religion in general to be bigoted; but they all agree upon one question, "How could you turn Catholic? One very frank individual put it thus: "How can you be a Catholic when you were once a Christian?"

Perhaps my conversion was slightly singular, for I began to study the Catholic faith merely to prove I should never accept it. I was a great admirer of a prominent Presbyterian minister, and wished to "join" his My Presbyterianism was the bluest sort, and I had not patience for people who were not Presbyterians. As for Episcopalians, I condemned them unhesitatingly. They to be any good.

relative of mine who was a Catholic means, but that goes for nothing -I had often fumed at the thoughtthat I should certainly be convinced olic faith a fair chance,

Protestants, with an inconsistency which I felt to be only equalled by teetotalers is much greater than that the daring impertinence of Rome, common sense knew that if the Baptists were right, the Episcopalians Science has found that every one of the vital organs of the body is impaired by alcohol. Also, that the slowly forced itself upon me: I should brain is injured thereby; the power end either a believer in Ingersoll's views or wha I had most despised in all the world—a Catholic.

courage, energy, skill, accuracy and trouble, and I became absolutely certain, once and for ver that I believed in the Blessed Trinity.

More strugg e, more difficulty, and constantly a fiery controversy with a learned Catholic clergyman. I protested and objected, and made the most of the intle that remained of my Pres exterianism. I was arguing against myself as well as against him, for in my own mental struggles the tumultuous crowd of thoughts "Feed My lambs"—as a devou always hnished up with this : "There is a true church, b cause fruth could the Bible as much as I now do as a has the most valid claum?

Gradually I gave in on some points; I accepted purgatory and Not long a two things: proyers to Mary and the mained to be done in order to cross saints, and the gentrine of the Real the line to the Roman Church was

first prayed to Mary in this wise : "If you can be a see, obtain such and such for the 'eti was a sort of challenge to the Mother of Christ.

The first thing lasked of her seemed wellingh time scale; my health was title? Such a thing is possible, and well-nigh impossible; my health was title? Such a thing is possible, and in dang r when I obtained a very evilont entirely improbable. I wonder

not believe that! Verily, it was a English or an American chief bishop, "hard saying." And yet that sixth instead of the one in Rome. For chapter of St. John troubled mc, I fashion has much to do in this case. read it over and over, and I read explanations of it. I could not let it don't care if the Catholics are right; alone. The reiterated words of Christ, so obviously expressive: want to go there. I am not in the habit of associating with such comforman and drink His blood"—"Whomon, rough people." There are so eateth My flesh and drinketh My blood"—My flesh is meat indeed, and there are also many of the poor who My blood is drink indeed." The hardness of the Jews going away; are they? Positively not in the disciples in following their example; to belong. No; as a minister said generosity of faith in St. Peter when in palaces. Who said: 'he answered, "Lord, to whom shall have always with you?" we go? Thou art Christ, the Son of God." have always with you?" To remember those words of Christ is enough

I could no longer put off my an-I made my First Communion just a are amply fulfilled. year and two days from the date upon which I first entered the Sunday school, a most obstinate and zealous known thee, Beauty ever ancient and little Protestant. That First Communion was six years ago. My Protestant friends varied a little in the time they prophesied I should remain in God, the Father Almighty . a Catholic; some said six months, others a year, but I believe they now regard me as gone past recall. My change of belief called forth arguments, discussions, even reproaches: those who knew me during the time of the struggle simply let me alone. Later friendships are the ones which bring surprise and questions. Not without regret let me assert, that and bringing forward the most un-true and ridiculous statements. It is more strange to find that a great many do not know even their own side, being Episcopalians or Presbyterians merely because they were bornso. Outside of a few ministers, I have not met any one who really elieves Calvin's teachings. Several have said to me, "Oh! I didn't know I was supposed to believe that," when I have spoken of some Presbyterian doctrine; and I have never found the Episcopalian who could reconcile himself to all the degrees of High, Broad, and Low Church without considering the dangerous developments of the Ritualistic body. For defence they can, as a rule, only unfounded accusations. Fancy a clever, well-educated Protestant say ing this: "You go to confession and believe that paying for your sins ing this: make everything all right." That neither inor any other Catholics "pay" for sins was an astounding revelation. When I added that a real repentance was absolutely necessary for the validity of the sacrament, with an addi tional resolution of never falling again into the sins confessed, my friend looked very serious. admitted that when thus explained confession seemed quite a solemn and good thing.

The idea of the Pope is, of course, a great bugbear to my friends; some seem to be willing to yield almost were entirely too near the Catholics all points except papal infallibility to be any good. It was when my "joining the Church" was close at hand that a what the infallibility of the Pope they think they do, and that settles calmly informed me that he would the matter. Press them, and one finds greatly like me to be one also, saying | that the most distinct of many confused and indistinct ideas is, that we the result about half and half. Life in the right direction, if I examined believe all our Popes are incapable into the teaching and gave the Cath- of sin or human mistake. Tell them with my flatly a Pope might be a sinner, and They have studied this law for many years and their findings can be depended on. They know what discover communications are depended on the support of the s means this: Infallibility is an assistance of the Holy Ghost which secures the Pope from error when, as Visible Head of the Church—Christ being the Invisible Head-he defines a doc trine belonging to faith or morals that the daring impertinence of Rome, The accepted variations of belief, while twist it, and fuss over it; if they are really in earnest the more they exercise themselves with it the better; they are likely to ultimately acknowl edge, even though scornfully, as many have done to me: "Yes, I see now and it is really quite necessary to have a supreme and unquestioned authority to preserve unity of belief," a human scheme; its divine institution—St. Peter's commission received directly from Christ—they ignore completely. I wonder if some many Protestants have a sort of undefined but desperate aversion towards St. Peter. I used to have. "The gates of hell shall not prevail;" 'Thou art Peter and upon this rock

I shall build My church; 'Feed My lambs' -as a devout Presbyterian I certainly reverenced not contradict itself. Which church Catholic; but I used to hurry over these words; I did not like them-Not long ago I read in a daily confession. A cw more stormy paper that some one said in many weeks and I only refused to believe Ritualistic churches all that re-

to kiss the Pope's sandal. What if some day Episcopalians grow weary blessings. Every act of praise and thanksgiving that goes up to God from such a heart, is not only accepted as part payment of the debt accepted accep due Him, but also merits and moves and your Church is to win the battle.

then the treachery of some of the churches where they are supposed pathos of Jesus saying to the quite recently, Protestants build to, "Will you also go away?" The palace churches for people who live have most of the poor. It is dangerswer to that question, "Will you also go away?" The final conviction swept over me—I "believed" and They are a rather startling proof was sure that I had found the truth. that in the Church, Christ's words

I shall close with these words of St. Augustine: "Too late have I ever new." They express a great deal of what I feel; but there are older and grander words: "I believe and in Jesus Christ, His Son

I believe in the Holy Ghost, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and the life everlasting." - My Message.

Every moment you now lose is so most people are in the state in which I used to be, knowing little of that which they wish to discuss, in the other hand, every moment you now employ usefully is so much that which they wish to discuss, you now employ usefully is so much time wisely laid out at prodigious interest.—Lord Chesterfield.

THE SECRET OF EFFECTIVE PREACHING

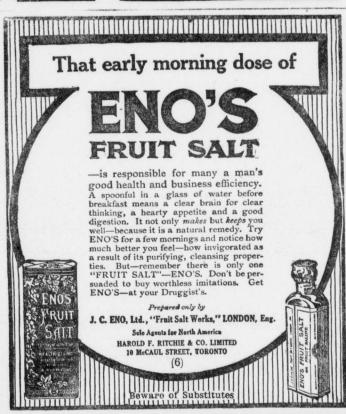
When Montaigne was presented to Charles XII. of France, His Majesty condescendingly remarked, read your essays, and I like them. To which the great essayist replied, not without daring: "If you like my essays, you will like me. I am my

That's why his essays have livedthey are vital with his personality That's why some sermons become effective-they are vitalized by the life and experience of the preacher.-Catholic Citizen.

Bouris makes makes other food other food nowrish now you

Bovril makes other foods nourish you. It has a Body-building power proved equal to from 10 to 20 times the amount of Bovril taken.







# Our Library

Best Catholic Authors 50c Postage Paid. Each NEW TITLES NEXT WEEK

# NOVELS

Arnoul, the Englishman, by Francis Aveling,
African Fabiola, The; translated by Right Rev.
Mgr. Joseph O'Connell, D. D. The story of the
Life of St. Perpetua, who suffered martydom
together with her slave. Felicitas, at Carthage in
the year 203. One of the most moving in the
annals of the Church.
Agatha's Hard Saying. By Rosa Mulholland.
Rosa Mulholland's best novel.
Ailey Moore. A tale of the times, by Richard Baptist
O Brien, D. D. Showing how eviction, murder and
such pastumes are managed and justice administered in Ireland, together with many stirring incidents in other lands. The story tells of the heroic
lives of our Irish grandfathers and grandmothers,
There is no lack of incident and accident. For
those interested in Irish history of these later days
Ailey Moore in a new dress will serve a good
purpose.

purpose.

Ichemist's Secret, The; by Isabel Cecilia Williams.

This collection of short stories is not of the sort written simply for amusement; they have their simple, direct teaching, and they lead us to think of and to pity sorrows and trials of others rather than our com.

simple, direct teaching, and they lead us to think of and to pity sorrows and trials of others rather than our own.

Alias Kitty Casey, by Marie Gertrude Williams, Kitty Casey is in reality Catherine Carew, a girl threatened with misofrutune, who in an endeavor to seciude herself, and at the same time enjoy the advantages of the country in summer time, accepts a menial position in a hotel, taking the sestion of waitress refused by her maid, Kitty Casey. The story is well written, and a romance cleverly told. Alvira, by Rev. A. J. O'Reilly.

Arabella, by Anna T, Sadier.

Aunt Honor's Keepsake. A chapter from life. By Mrs. James Sadier.

Auriel Selwode, by Emily Bowles. Woven with st ands of history are dark threads of jealousy, plots and forgeries, but there are also bright weavings of love; and, of course, all's well that Back to Rome, by Scrutator (J. Godfrey Raupert.) Being a Series of Private Letters, etc., addressed to an Anglican Clergyman.

Between Friends. By Richard Aumerle.

Beech Bluff, by Fanny Warner. A tale of the South before the Civil Wcr., Two other stories are contained in this volume: "Agnes," and "For Many Days."

Blakes and Flanagans, by Mrs. Jane Sadlier. This book is the author's masterpiece.

book is the author's masterpiece.

and and Free. By Jean Connor. A new story by
an author who knows how to write a splendidly
strong book

book is the author's masterpiece.

Bond and Free. By Jean Connor. A new story by an author who knows how to write a splendidly strong box from the Night. A tale of Early Kentucky, by Anna C. Minogue.

Brownie And I. By Richard Aumerle.

By The Royal Road, by Marie Haultmont.

By The Grey Sea, by Herbert Spring.

Callista, by Cardinal Newman. A tale of the Third Century; attempting to imagine and express the feelings and relations between Christians and heathens of that time.

Captain Roscoff, by Raoul de Navery. A thrilling story of fearlessness and adventure.

Cardome. A spirited tale of fromance and adventure in Kentucky, by Anna C. Minogue.

Cardome. A spirited tale of fromance and adventure in Kentucky, by Anna C. Minogue.

Cardinal Democrat. The; Henry Edward Manning, by J. A. Taylor. It is a true por rait of the Cardinal whose own ideal of a good bishop he surely realized.

Catholic Crusoe, by Rev. W. H. Anderdon, M. A. The adventures of Owen Evans Esq., Surgeon's Mate, set ashore with companions on a desolate Island in the Carriscen Sea.

Cineas, or Rome Under Nevo. A strong novel of early Christianity, by J. M. Villefranche.

Circos Rider's Daughter, The. By F von Bracknel. A high-class novel—a love story that every reader will feel better for having read.

Clare Loratine. By "Lee."

Commander, The; by Charles D'Hericault. An historical novel of the French Revolution.

Connor D'Aicry's Struggles. By W. M. Bettholde.

A novel that detection using read.

Conscience's Tales, by Hendrick Conscience.

Thoroughly interesting and well written tales of Flemish life, including "The Recruit," "Mina host general content of the Cardolic Curvel, in the Dardon Ros," and "The Poor Nobleman."

Converts to Rome, by Gordon W. Gorman, Biographical List of the Most Notable Converts to the Catholic Church in the United Kingdom during the Last Sixty Years.

Cousin Wilhelmina, by Anna T. Sadlier, This story of a chivalrous lover and of the fascinating Wilhelmina is one well worth the treading.

Damsel Who Dared, A; A novel, b

Trone.

"Deer Jane," by Isabel Cecilia Williams. A sweet, simple tale of a self-sacrificing elder sister whose ambition to keep the little household together is told with a grace and interest that are irressitible. Dion And The Sibyls. By Miles Keon. A classic conditions of the second for sightly in sentiment and sounder in

Waggaman and others. I ne stories are excellent and contain much pathos and humor. Bdgar, or From Atheism to the Full Truth, by Louis Vou Hammerstein, S. J. Some of his books have gained a world-wide renown and spread his name far and wide as a first-class apologist, who is up to-date in every branch of Protestant controversy. In this translation he gives us a new proof of his apologetic genuus and enterprise, Pabiola. By Cardinal Wiseman This ed tion of Cardinal Wiseman's tale of early Christian times is much more modern and decidely more attraction. is much more modern and decidedly more attractive than the old editions.

Fabiola's Sisters Adapted by A. C. Clarke, This is a companion volume and a sequel to "Fabiola."

Faith, Hope and Charity, by Anonymos, An exceedingly interesting tale of love, war and adventure during the exciting times of the French Revolution

adventure during the Revolution Revolution fermeliffe is the name of a large estate in Devonsh re, England, the home of Agnes Falkland, who with her family an adopted sister, Francis Macdonald, furnish the interesting events and the secret influence of which Agnes Falkland the secret influence of which Agnes Falkland.

and the secret influence of twinch Agnes Faikiand is the innocent sufferer.

Forgive and Forget. By Brist Lingen. A sweet and wholesome love story, showing the power of nob lity of soul and unfaltering devotion.

Four Great Evils of the Da. by Cardinal Manning. Freddy Carr's Adventures. Rev. R. P. Garrid, S. J. Freddy Carr And His Friends. By Rev. R. P. Garrid.

Four Great Evils of the Da. by Cardinal Manning, Freddy Carr's Adventures. Rev. R. P. Garroid, S. J. Freddy Carr's Adventures. Rev. R. P. Garroid, S. J. Freddy Carr's Adventures. Rev. R. P. Garroid, S. J. Tod. S. J. Fredly Carr And His Friends. By Rev. R. P. Carroid, S. J. Fredly S. J. Fredly S. J. Garling S. G. Garling S. Garling S. G. Garling S. Garling S. G. Garling S. G. Garling S. Garl

Review
n Quest Of The Golden Chest. By George Barton,
ack Hildreth On The Nile. By Marion A.

In Onest Of I ne Gotten Least. by Marion A. Taggart. A lack Hildreth On The Nile. By Marion A. Taggart. A lack South and Some Other Jacks, by Dav d Bearne, S. J. Elders as well as junio s may read it with both profit and pl. astre. Junio s Of St. Bed's, The. By Pev. Thos. Bryson. Kathleen's Motto, by 'e neviewe Walsh. An interesting and the street of the street of

The Catholic Record

LONDON, CANADA