FIVE MINUTE SERMON

REV. F. P. HICKEY, O. S. B. SIXTEENTH SUNDAY AFTER PENTECOST

THE REST OF THE COMMANDMENTS

The rest of the Commandments, my dear brethren, are safeguards against our own selves. We are all prone to evil. Our natural inclina tions, if not kept under and corrected would lead us to deadly sin. cannot do as we like in this world, and be saved. So the Command-ments stake out the path to heaven for us, lest wandering we should be lost. The Commandments are there to prevent us falling into the seven deadly sins.

As pride leads us to disobey God and refuse honour to our parents, so by anger and envy we break the Fifth and Eighth Commandments; quarrels, murders, lies, and calumny are their children. Lust, gluttony, and sloth are the causes of the Sixth Ninth Commandments being violated. And breaking the Seventh and Tenth—stealing and wishing to steal—are the results of covetousness. So our only chance of keeping out of these deadly sins is to "keep the commandments of the Lord thy God, and walk in His ways and fear Him.'

What little beginnings of carelessness lead to disastrous results! A murderer, on the scaffold now, was once innocent, nursed and fondled by a mother. We see the ending, but where did the evil start? We know where we shall end-in mortal sin and the loss of our souls-unless we stand by and keep the Commandments. To renew our fear, let us briefly pass them in review, for it is not enough to keep out of the final sin forbidden, but we must draw back and shun the lesser sins, that lead to that fall.

Thus, "Thou shalt not kill "forbids also those sins that might lead up to murder. And they likewise can be mortal sins; as anger, hatred, revenge, and their sequels, quarrel ling, fighting, and doing injury. And the murder of the soul is forbidden too, brought about by scandal and

had example. This is how the Fifth Commandment is broken: but to keep it we have to be men of peace, for they "are called the children of God." We cannot even be angry with our brother, or say, "Thou fool." We have to be reconciled to our brother before we come to the altar. We have to keep that word, "Love your enemies, and do good to them that hate you." (Matt. v. 44.) These are the virtues that will grow in a heart that keeps this Commandment devoutly. How easily are most content with not openly breaking it, but allowing a lurking dislike or spite smouldering in their hearts. Be not deceived. St. John tells us: "Whodeceived. St. John tells us: "Who-soever hateth his brother is a murderer." (1 John iii. 15.)

We know to what depths of shame the violation of the Sixth Commandment will lead those, who give themselves up to it. With this, especially, it is necessary to resist the begin-nings. You must be on the watch against, and at enmity with sloth and intemperance, and your own inclinations and passions. Many of the pleasures which others indulge in, are not for you; you must avoid them like a pestilence, if you would keep chaste. Theatres, dances, gay companions, books, songs, pictures we have to be brave enough to fling all such aside, that have in any way shown the taint of impurity. This is hard, and continually to be doing it is beyond our strength, but not beyond His strength Who asks us to do it for His sake. Frequent confession and Communion are your safeguards in this warfare. Ask our Lord that you may not abandon His love, for the love of anything forbidden by the Sixth Commandment.

There are many, thank God, who never feel tempted to break the Seventh Commandment, "Thou shalt not steal." But there are many more, whose self-complacency will receive a shock, if they will examine all that is included in these words. It is not only pick-pockets and burg-lars who break this word; there are many others. There is that respectable shopkeeper who is not above a little sharp practice; weights and measures have a knack of favouring their master, adultantically and the beginning of the War has their master; adulteration enlarges profit; and the prices asked are not always the exact ones. And is this being in debt, do not make a real effort to repay, are dishonest. They did not take the goods, but they are keeping back the value of them unjustly. And restitution—there is the difficulty. If you have the thing, "On the how hard to part with it! but much dral and on each side of it in the harder if you have spent what was taken, and you have to save up now, little by little, to repay it. Is it worth while, even as regards this world, if we had no soul to save, no God to please, to be dishonest? A mean, contemptible thing it is; and how hard to get clear of the consequences

But who shall say that he never breaks the Eighth Commandment—

ments probe our very heart's core. Our Blessed Lord has said: "From 'From the heart come forth evil thoughts, murders, adulteries, fornications, thefts, false testimonies, blasphem-(Matt. xv. 19.) And to keep us out of such sins, the law forbids us entertain and indulge in such desires. How low, indeed, we must be fallen if, to make room for such guests as these foul desires, our Blessed Lord is turned out, Who longs to be the of restoration is taken in hand. King of our hearts!

This is our lifelong work; "Keep the Commandments." Be not fainthearted. In every command from God there is a promise of help, if we attempt it; a sure reward, if we ful-fil it. "He that hath My Commandments and keepeth them, he it is that loveth Mé, And he that loveth Me shall be loved of My Father, and I will love him." (John xiv. 21.)

TEMPERANCE

From a bulletin issued by the Chicago Health Department:

"You had a glass of beer or three fingers of rye to-day, didn't you? You think that it puts snap into your wits and steam into your cylinders. You feel fine and you think you are ready to tackle your job, meet any problem in sight with a clear head and a strong hand. But your feeling has deluded you. The fact is that the drink you took actually diminished your power to add numbers, to memorize, to associate ideas and to see, hear, and think quickly.

"This statement is not the result of guesswork or a question of antithis or antithat on moral grounds. It is based on experiments made by an eminent scientist, Professor Kraepalin of Vienna, who has devised a series of tests and applied them to many individuals before and after they have taken alcoholic liquor. His findings have been duplicated by other scientific men.-Catholic Temperance Advocate.

NATION'S THIRST IS COSTLY

Nearly two billion dollars was spent for drink-soft and hard-by the people of the United States within the last three years, according to figures compiled by the American Grocer, for July 14. The exact total, \$1,900,067,061, almost equals the amount of the Liberty Loan.

The quantity consumed is decreas ing. The per capita consumption for the year ending June 30, 1916, was 19.40 gallons, a decrease in three years of 3.10 gallons. The cost of spirituous liquors averaged annually for three years \$1,635,049,034; non-

spirituous, \$265,019,027. Since 1860 the per capita use of spirit declined from 2.86 gallons to 1.35 gallons in 1916. For three years the per capita use of spirits has varied from 1.43 gallons in 1914 to 1.25 in 1915 and 1.35 gallons in 1916. The trend is steadily toward a

lessened use of alcoholic and a more liberal consumption of milder stimulants. Beer maintains supremacy as a national beverage, although its popularity is on the wane.-York Evening Post.

GRAPHIC ACCOUNT OF RHEIMS

SYSTEMATIC AND WANTON DESTRUCTION STILL

CONTINUES A correspondent of the London Times gives this graphic description

of the town of Rheims, as it is at the present time. He writes: 'The systematic and wanton destruction of Rheims Cathedral is a tragedy and crime which still con-tinues. When I last visited the town eightmonths ago the case was thought as bad as it could be. It is infinitely

worse now.
"Since the beginning of the French offensive on April 16 the enemy has greatly increased the intensity of the fire poured upon it from batteries on Brimont, Nogent and La Bassee. During the fortnight of June 15 28 the number of shells of all calibres from 77 mms. to 380 mms. that fell on the town during each 24 hours received between 600 and 700 shells. Of these 50 were of the heaviest always the exact ones. And is this wrong? Most certainly; and the greed will grow upon him. And those, who recklessly incur debt, or, calibre. One of 305 pounds crashed pavement close to the entrance as a concrete example of the mind and ammunition with which the enemy is carrying on his vile work of de

> open square there are several huge craters, nine I think, all made by 380's, which just missed their mark. On the west facade, which is protected from direct hits, the weather is gradually flaking away the surface, finishing the ruin begun by flames from a burning scaffold. The other three walls with flying buttresses, pinnacles and windows, are even

"On the streets behind the Cathe-

The Ninth and Tenth Commandments probe our very heart's core. the nave, which looks like a rough road thickly strewn with broken and twisted fragments of lead chips, brilliant-colored glass, and masses of stone and mortar among which at regular intervals there are rows of neat little heaps of sifted earth and rubbish, from which the workmen carefully gleaned every atom of debris that/can be used to piece together and repair the windows and stone work when the gigantic task

FAITH OF THE PEOPLE

"The faith of these Frenchmen is a thing of wonder. Everyone about the place—the old architect who worked in the Cathedral all his life, the caretaker (who can tell the story of each shell, and firmly believes some of which hit the fabric without doing any damage, being stayed by the hand of God), most of all the silver-haired old Cardinal, Archbishop Lucon, who, with the utmost bravery and devotion, has stuck to his post as guardian of the house of God, to father his poor through the whole bombardment, all have the unshakeable conviction that whatever ruin the guns of the enemy has done or may yet do to the sacred building, it must be raised again to the glory of God and France.
"Seventeen shells have fallen on

the Archbishop's palace, and the houses round are wrecked and deserted, for the cathedral quarter is more mercilessly shelled than any other in the town, yet to look at the brave old face and hear the Archbishop talk you would never imagine that for months and months he has been living in the most dangerous places on the French front. In all France I have not seen a face so serene tor even happy. endured as a good soldier of Christ. He has won the right to wear the Cross of the Legion of Honor, as well as the cross of his calling and office. Now what he wants more than any thing is the means to provide for the needs of his people. Not only the 5000 still living in the town but others when they come back. Can there be any doubt that in both respects the faith in him is well justi-

UNDAUNTED SPIRIT SHOWN

"But in Rheims they are all brave and all have faith in the destinies of the country. The Mayor and his colleagues, who are forced to hold municipal meetings underground; the workingmen and women who carry on as if there were no such things as shells, no less than the spiritual pastor of their town. The city is dead, whole streets are in ruins, scores of houses gutted by fire, and hundreds smashed and splintered. In street after street you see not a living soul-nothing but grass The stones in every wall growing. still standing are pitted with flying fragments. Every day fresh ruins are added to the old piles long ago covered with grass and weeds. Nearly every day one or two more are added to the list of non-combatants, killed for no kind of military

"Yet those left and the whole of France with them, however sadly they cry in their hearts; 'How long, O Lord, how long?' never doubt for a moment that the day of deliverance is as certain as the dawn. Of all fatal and futile mistakes the German nation has made the mad, vain effort to destroy the works as well as the rights of civilization in the bombardment of the Cathedral of Rheims is one of the maddest and last to be forgiven."—The Tablet.

DAILY MASSES FOR DYING SOLDIERS

Rome, Aug. 13.—His Holiness Pope Benedict XV. has written an eloquent letter to Father Pedrini, S. J., director of the Primary Union of St. Joseph, "Pro Agonizzanti." The Holy Father speaks of the numbers now passing from this life and congratulates the Pious Union on its invitation to its priest members, all and several to say Masses in turn for those dying each

day. "Inasmuch," he continued, "as the Roman Pontiff is first among the ministers of the altar we are glad to encourage the excellent initiative and obey the call ourself, applying the Holy Sacrifice of the Mass to this intention on the first day of each month or on the second, if the first is a feast day."

His Holiness grants to all the priests who follow the initiative many precious privileges, particu-larly of enriching with indulgence rosaries and other devotional em-

LIBERAL CHRISTIANITY

The great defect of liberal Christianity is that as conception of holiness is a frivolous one, or, what comes to the same thing, its concepception of sin is a superficial one The defects of the baser sort of pol the defects of the bases soft of por-trical liberalism recur in liberal Christianity; it is only half-serious, and its theology is too much mixed with worldliness. The sincerely pious folk look upon the liberals as persons whose tale is rather pro-But who shall say that he never breaks the Eighth Commandment—
"He that sins not in word, the same is a perfect man?" (James iii. 2.)
Lies, rash judgment, tale bearing, detraction, calumny—all are included under this precept. And if you steal away your neighbour's good name, you are able. Try to keep this rule:
"Do unto others as you would like others to do to you." Then their good name would be safe, and you would bid fair to be a perfect man.

pinnacles and windows, are even more deplorable. The bombardment of the last three months has done more damage than all the other more deplorable. The bombardment of the last three months has done more damage than all the other above the pile of rubbish which marks the side of the high shock the covenances of sentiment, and effront the delicacy of conscience by the indiscreet familiar-tites they take with the great myster-ties of the inner life. They seem to be mere clever special pleaders, religious rhetoricians like the Greek sophists rather than guides in them for rhetorical display. They shock the covenances of sentiment, and effront the delicacy of conscience by the indiscreet familiar-tites they take with the great myster-ties of the inner life. They seem to be more deplorable. The bombardment of the last three months has done more damage than all the other more deplorable. The bombardment of the last three months has done more deplorable. The bombardment of the life is rather proface, and who offend religious feelings by making sacred subjects a theme for rhetorical display. They shock the covenances of sentiment, and effront the delicacy of conscience by the indiscreet familiar-tites they take with the great myster-ties of the inner life. They seem to the high shock the covenances of sentiment, and effort the value in the persons whose tale is rather the delicacy of conscience by the indiscreet familiar-ties they are all are, and wh

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The Composition of Coca-Cola and its Relation to Tea

Prompted by the desire that the public shall be thoroughly informed as to the composition and dietetic character of Coca-Cola, the Company has issued a booklet giving a detailed analysis of its recipe which is as follows:

Water, sterilized by boiling (carbonated); sugar, granulated, first quality; fruit flavoring extracts with caramel; acid flavorings, citric (lemon) and phosphoric; essence of tea-the refreshing principle.

The following analysis, by the late Dr. John W. Mallet, Fellow of the Royal Society and for nearly forty years Professor of Chemistry in the University of Virginia, shows the comparative stimulating or refreshing strength of tea and Coca-Cola, measured in terms of the refreshing principle:

Black tea —1 cupful______ 1.54 Green tea-1 glassful 2.02 (cold) (8 ft. oz. exclusive ofice) Coca-Cola—1 drink, 8 fl. oz. ____ 1.21
(fountain) (prepared with 1 fl. oz. Syrup) Coca-Cola-1 drink, 8 fl. oz. 1.12 (bottlers) (prepared with 1 fl. oz. Syrup)

From the above recipe and analysis, which are confirmed by all chemists who have analyzed these beverages, it is apparent that Coca-Cola is a carbonated, fruit-flavored modification of tea of a little more than one-half its stimulating strength.

A copy of the booklet referred to above will be mailed free on request, and The Coca-Cola Company especially invites inquiry from those who are interested in pure food and public health propaganda. Address

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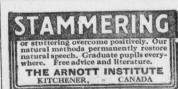
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