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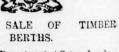
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Department of Crown Lands Woods and Forests Branch Toronto, June 2nd, 1897.

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hereby given that under authors in Council, TIMBER BERTHS in mentioned in the NIPISSING, and RAINY RIVER DISTIC.,—the Townships of RATHLY. DAVIS, the North half of and that part of HANMER South MILLION RIVER, all in the Dississing; the Township of COFFINAL and certain small areas on the ind BISCOTASING waters in the ALGOMA; and berths 36 and 37.

2, D 3, D 4, D 5, D 6, on MANIC, and certain small scattered e District of RAINY RIVER, will or Sale by Public Auction, at the to Crown Lands, Toronto, at the to Crown Lands, Toronto, at the Eoclack p. m., on WEDNES.

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### FIVE-MINUTE'S SERMON.

The Seventh Sunday After Pentecost.

THE FOLLY OF SIN.

"What fruit, therefore, had you in those things of which you are now ashamed?" Romans vi. 22.

What is the good of being a sinner No good, but much evil. Experience shows that we have gained nothing by sin but shame, sorrow, and death.

And what has been your experience in the tribunal of confession? Did you never groan and shed tears there alone with God and His minister? Why was it? Your own conscience, your better self was tormenting you, your own tongue was lashing you, your heart was grief-stricken, you fairly loathed yourself. You remembered how Jesus was smitten in the face, and the blood mounted to your cheeks, and well it might, for you, ungrateful wretch, had dealt those blows. A mo-ment of sensual pleasure, a lie of injustice, a foul hatred, a meanness of human respect, or a slothful neglect has to be undone by a long penance; and is this nothing? Besides, death is ever pursuing you and will overtake

you too soon.
What is the good of sinning? Asl that man whose blood is burning with fiery alcohol, some day when a hot summer's sun suddenly prostrates him in death. Ask the libertine when he drops into an untimely grave. Ask the avaricious man when his stocks, Christian, and show a coarse nature deeds, and bank-notes are fading from his eyes, dimmed by the last agony.

What is the good of sinning? Ask tribunal of judgment with scores of sins unrepented of. Ask the wretched girl who, despairing on account of her shame, suddenly goes before God, sent by her own act. Ask the seducer when an unforeseen blow sends him please. to the great tribunal of eternity. Ask the impure one who falls asleep and awakes before the throne of the holy Judge of all hearts. What is the good of sinning? Ask one who, after a career of dissipation, unexpectedly finds himself in hell. Ask the hardened sinner who refuses to repent to the very last, and now weeps and gnashes his teeth in everlasting tor ment. Ask him who gives up his faith and meets the traitor's doom of perdition. Ask wicked parents who eal their own condemnation by their ungodly offspring. Ask the proud and disobedient who spurn holy discipline and are cast out with the devils. In a word, let death, judgment, and hell answer what is the good of being a sinner.

Our Lord compares him to an evi tree which cannot bring forth good fruit, and is cut down and cast into the fire. The soil is good, the rain invigorating, the sunshine fructifying, but the fibre of the tree is bad, its sap watery, its root languishing, and in the end it yields no fruit. Just so is the life of the sinner. The graces of God are given but not used. The summer passes, the harvest ends, and he is not saved.

Brethren, the animal in us enjoys sensuality and the demon in us enjoys pride. But the man enjoys the love of God. The love of God is the opposite of sin. That holy love of the supreme good purifies us of the defilement of our animal nature, sets us free from the bondage of Satan, and makes us men-in the truest sense of the term men-and in the supernatural order Christians and children of God. Keep the commandments of God, preserve a devil. This is the only true happiness, the only life worthy the man and the Christian the Christian.

### Ignore Unpleasant Incidents.

In his last days-he lived to be an old man-Oliver Wendell Holmes said that he owed a debt of gratitude to the nurse of his childhood, who studiously taught him to ignore unpleasant incidents. If he stubbed his toe, or skinned his knee, or bumped his nose, his nurse would never permit his mind to dwell upon the temporary pain, but claimed his attention for some pretty object or charming story or happy reminiscence. To her, he said, he was largely indebted for the sunshine of a long life. It is a lesson which is easily mastered in childhood, but seldom to be learned in middle life, and never in old age.

EFFECTUAL-Charles J. Booth, Olivewood, Cal., says: "I have used Ayer's Pills in my family for several years, and have always found them most effectual in the relief of ailments arising from a disordered stomach. torpid liver, and constipated bowels.

# Coca and its Uses.

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### OUR BOYS AND GIRLS.

Do you know, boys and girls, that besides being a beautiful virtue, good breeding requires that we always incline to give others the credit of being governed by worthy motives? Our own lives are so much happier, too, if we banish jealousy and doubt and sus-picion from our hearts. Then we have no right to judge our neighbor's motives and actions.

Good breeding does not wish or seem to know more about people than they themselves desire should be known; but, at the same time, it is always prepared, when necessary, to take an interest in the affairs of others in a considerate and kindly way.

A Word to the Boys. When the Duke of Wellington was sick, the last thing he took was a little tea. On his servant's handing it to him in a saucer, and asking if he would have it, the Duke replied, "Yes, if you please." These were his last words. How much kindness and

courtesy is expressed by them.

He who commanded the greatest armies in Europe, and was long accustomed to the tone of authority, did not despise or over the small courtesies et Ah, how many boys do? What a rude tone of command they often use to their little brothers and sisters, and sometimes to their mothers. They order so. This is ill-bred and un-

and hard heart. In all your home talk, remember, "if What is the good of sinning? Ask you please." Among your playmates that soul that is speeding before the don't forget, "if you please." To all who wait upon you, to serve you, be-lieve that "if you please" will make you better served than all the cross or ordering words in the whole dictionary. Don't forget three little words, "if you

Stand Straight, Boys.

A boy that walks or stands stooping. ly looks slouchy, no matter how near his attire may be. Every boy may learn to hold himself as erect as a West Point cadet if he will observe the fol lowing rules published in the Sun by a famous New York gymnasium director :

Make it a rule to keep the back Make it a rule to keep the back of the neck close to the back of the

downward.

3. Try to squeeze the shoulder plades together many times a day. 4. Stand erect at short intervals during the day — "head up, chin in, chest out, shoulders back."

5. Walk or stand with the hands

clasped behind the head and the elbow wide apart. Walk about or even run up stairs

with from ten to forty pounds on the top of the head. Try to look at the top of your

high cut vest or you neck tie.

8. Practice the arm movements of bresst stroke swimming while standing or walking. Hold the arms behind the back.

10. Carry a cane or umbrella be-hind the small of the back or behind the neck.
11. Put the hands on the hips, with

elbows back and fingers forward.
12. Walk with the thumbs in the armholes of the vest.

13. When walking swing the arms and shoulders strongly backward.

14. Stand now and then during the

day with all the posterior parts of the body, so far as possible, touching a

vertical wall.

One evening last week I entered

pooks and work, were sitting around The young man with the the lamp. lexicon and the grammar on the table before him was the busiest of the group, but he instantly arose and remained standing until I had taken my seat. The little action was automatic the habit of this family is to practic small courtesies and the boys have been trained from childhood to pay defer ence to women. They always rise whenever a lady, their mother, sister, friend, or guest of the house comes into the room where they are at work : they place chairs gallantly and grace fully for ladies at the dinner table, they take off their hats when they meet their mother on the street, and they never kiss her with a hat on; in say. ing good morning or good evening to her, it is with hat in hand. Her bundles are carried, her way is made easy, a beautiful politeness waits for her word in the domestic discussions, and refrain from interrupting her even in the most heated argument. Neither mother nor sister goes out after dark without an escort. One of the boys can always go out of his way, or find it in his way to see her safely to friend's door or to the meeting which she wishes to attend. Most winning and sweet is the air of good breeding which these young men have acquired -which they wear with an uncon-

scious grace. Equally charming are the manners of the girls in the home I speak of gentle, soft spoken, appreciative, con siderate, and reverential. To old people they are tender; to children,

kind; to each other, lovely. One cannot too sedulously look after the small courtesies in one's conduct, and, if one be charged with the man agement of a household, in the accus tomed ways of the family. Habits count for everything here, and example is better than precept.

Some Facts Regarding the Paris Fire One of the consequences of the recent catastrophe at Paris has been to reveal the hidden beauty of a number of

noble lives. There are biographies to munion with God and with great be written, and facts and chains o facts of supernatural beauty and heroism will be given to the world, the ceaseless stream of newspaper gossip. record of which but for the flames of the soul is bewildered and stifled. the Rue-Jean Govjon would for the most part have died with their authors.

Concerning one of the victims, Madame de Vatimesil, the "Semaine Religieuse" of Evreux, says that in order to meet the growing demands upon her charity she gradually parted with everything that constitutes the surroundings of a woman of fortune and position, including horses and carriages. Paris, perhaps better than Evreux, could say what she was and what she did, for it was here that she poured with full hands into that inexhaustible mine of Catholic charity which causes Paris in this respect to

take precedence of other cities. No longer possessing a carriage of her own, she went about on her errands of mercy in a hired vehicle and sometimes in an omnibus. She denied herself what was necessary and forstalled her income in order to feed and clothe the poor. The day on which she met her death at the Charity Bazaar she had returned home to fetch her rosary, having forgotten it. Also among the consequences of the catastrophe are conversion. The seeds of more than one were sown amid the flames. The cure of a Paris church relates the fellowing incident concerning one of his parishioners: A young man, the reverse of a

practical Catholic, had accompanied

his mother and sister to the Bazaar

He was there when the fire broke out.

Having succeeded in rescuing his mother, he rushed back to save his sister, whose garments were already on fire. The flames were around him. He took his sister in his arms and was carrying her away when a burning rafter fell on his head. These tarred rafters in flames, falling on the victims, helped the tragedy to do its work with terrible speed. The one falling on the head of the young man in question left him uninjured, and he suc ceeded in bearing his burden away in safety. A day or two after, talking of was suffering from severe burns, he

people I should say that my escape was simply miraculous." "Go and fetch the hat you wore," said the young lady. He brought it. "Look inside," she collar.
2. Roll the shoulders backward and said. He looked inside and saw what appeared to be a small coin gleaming in the lining. It was the "miracu-lous medal." His sister had placed it there. The young man understood and approached the sacraments the

next day .- Liverpool Catholic Times.

effort? Not always. I have known effort to fail apparently at every point toward which it was directed, and yet the sweetest success came out of it and the nearer the heights towards which the rugged pathway tended. Success as the world measures it is a good thing to have, if we do not pay too heavy a price for it. If I have to part with this sweet, clear voice in my osom that sings eternally of the pure peaks of the beyond from which my soul will go on to unlimited success, in order to achieve the pichbeck imitation for this world, then I say, let me know only sorrow and defeat. — Birch

Brace up! Have courage to do your duty, to remove confusion, either within yourself or your surroundings. Be not discouraged; have confidence to an extra work, lived on tea and dry bread, would not buy a gown in years, to save every cent that she might help him through a college from the city to the country." in the grace of God, have confidence in yourself. Reason calmly and worl earnestly to improve the conditions that environ you. You will be aston-ished at the improvement that you will earnestly to improve the room where several young people, with thus create. Be up and doing!

## A Lesson for All.

There is a legend of an artist who sought for a piece of sandalwood out of which to carve a Madonna. At last he was about to give up in despair, leav ng the vision of his life unrealized, when in a dream he was bidden to shape the figure from a block of oak wood which was destined for the fire. Obeying the command, he produced from a log of common firewood a mas In like manner people wait terpiece. for great and brilliant opportunities for doing the good things, the beautiful things of which they dream, while through all the plain, common days the very opportunities they require for such deeds lie close to them, in the simplest and most familiar passing events and in the homeliest circum stances. - J. R. Miller.

A View of the Future. In one of the best of his essays

Bishop Spalding writes : Do not our young men lack noble ambition? Are they not satisfied with low aims? To be a legislator; to be a governor; to be talked about; to live in a marble house — seems to them a thing to be desired. Unhappy youths from whom the power of goodness of life are hidden, who, standing in the presence of the unseen, infinite world of truth and beauty, can only dream some aldermanic nightmare. They thrust themselves into the noisy crowd and are thrown into contact with disenchanting experience at a time of life when the mind and heart should draw nourishment and wisdom from com-



thoughts. Amid the universal clatter

Don't be whining about not having a fair chance. Throw a sensible man out of a window and he'll fall on his feet, and ask the nearest way to hi The more you have to begin with the less you have in the end Money you earn yourself is muc brighter than any you get out of dead men's bags. A scant breakfast in the morning of life whets the appetite for a feast later in the day. He who has tasted a sour apple will have the more relish for a sweet one. Your present want will make future prosperity all the sweeter. A few cents has set up many a peddler in business, and he has turned it over until he has kept his carriage. As for the place you are cast in, don't find fault with that; you need not be a horse because you were born in a stable. If a bull tossed a man of metal sky-high he would drop down into a good place. A hard-working young man with his wite about him will make money while others will do nothing but lose it.

Good Advice. Keep good company or none. If your hands can not be usefully employed attend to the cultivation of your mind. A'ways speak the truth Make few promises. Live up to your engagements. Keep your own secrets if you have any. When you speak to person look him in the face. Good company and good conversation are the very sinews of virtue. Good character is above all things else. Your character can not be essentially in-jured except by your own acts. It any one speaks ill of you, let your life be so no one will believe him. Ever live, misfortune excepted, within your income. When you retire to bed think over what you have been doing during the day. Make no haste to be what had happened with his sister, who rich if you would prosper. Small and affering from severe burns, he "Did I belong to the pious" steady gains give competency with tranquility of mind. Avoid temptation through fear that you may not be able to withstand it. Earn money be fore you spend it. Never run in debt unless you see a way to get out of it again. Never borrow if you can pos sibly avoid it. Do not marry until you are able to support a wife. Never speak ill of any one.

His Heart Education Was Neglected. The old doctor, standing with his guest among the crowd of villagers, watched the black pine coffin as it was CHATS WITH YOUNG MEN. lowered into the grave. A large, But what is success? The crown of the only mourner. He gave a cold, decent attention to the simple ceremon ies, and walked briskly back to the hotel for his dinner when they were

over. "There is the end of a story which might. I fear, be duplicated in many a village or city," said the doctor.
"Sarah Gibbs, whom we happened to see buried there, was left an orphan at fifteen years of age, with a brother of three. That big fellow yonder, hurrying for something to eat, was the

"Sarah had great ambitions for her baby brother, as she called him. She worked as a servant to feed and clothe him and send him to school. When he was older, she went into the mills in New London, did extra work, lived on

"He was always well fed and clothed, and a noted ath-His digestion, heart and lungs well were watched under the eyes of the professional gymnast of the college.

"He was a superb animal when he quitted college. His brain had been trained, too. He was keen and quick-witted, and went into business, and His brain had been has, I hear, been very successful.

" And yet, when I remember that h has left this old sister here alone in comparative and lonely poverty all of hese years, I suspect that his heart education was forgotten."-Youth's Companion. The above is a striking illustration

of the neglect of heart education which prevails in a large proportion of our colleges and universities. - Geo. T.

### A Cause of Poverty.

Mr Charles D. Kellogg, the Secre tary of the Board of Charities, of New York City-one who can speak as an expert on the matter, a man of large ympathy and sound sense—writes :
"The more we 'study the cause o

overty,' the more we are convinced that a prime cause is the drift of young men from the country to the city with out a definite object, without special skill in any calling, without friends here to extend a helping hand, vaguely trusting that something may turn up, and adding to an already overstocked labor market. A very large proportion of the wrecks with whom we deal became so from this class. We realize as well as anyone the benefits of the infusion of new country blood into city veins, and a young man who excels in any line can generally find work for himself better than any one can for him by putting in ten hours' hard work a day seeking for it. There is, in our experience hardly anything so demoralizing for young men as 'turning an honest penny' by odd jobs and 'scraping along.' When a young countryman has found by an honest effort, not too prolonged, that his labor is not needed n any large city, he had better return to his country home and seek work on a farm or among his kinsman and ,



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friends, and our efforts in all such cases

are in that direction. " Of course the case is different with young men belonging to the city-they are at home and among friends on

whom they have the first claim. "We are now struggling against this very evil, as it exists in the multiplicity of missions and cheap lodging houses which lure so many young men constantly to New York from other cities and states, and the Salvation Army proposes to enlarge the evil by opening more 'shelters.' As Mr. Mc-Burney said to day in comparing opinions, 'It is shameful.' Pardon my

Fagged out.—None but those who have become fagged out, know what a depressed, miserable feeling it is. All strength is gone, and despondency has taken hold of the sufferers. They feel as though there is nothing to live for. There, however, is a cure—one box of Parmelee's Vegetable Pills will do wonders in restoring health and strength. Mandrake and Dandelion are two of the articles entering into the composition of Parmelee's Pills.

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