

## FIVE MINUTE SERMON

BY REV. WILLIAM DEMOUY, D. D.  
FIRST SUNDAY IN LENTOVERCOMING SATAN  
At that time Jesus was led by the Spirit into the desert, to be tempted by the devil.

How complete was the work of our Divine Saviour Jesus Christ! He was not only our Saviour, but also our friend, our master, and our exemplar. As a leader His word was not that of the ordinary stern earthly commander, but that of a kind guiding soul: "Come, follow Me." He desires us to consider Him our true friend. If we are heavily burdened we may go to Him and be refreshed: "Come to Me, all ye who labor and are heavily burdened and I will refresh you." Who is there that will not admire this extraordinary goodness of Jesus and feel most grateful toward Him? No earthly friend could ever feel more interested in our welfare than does He—our Divine Lord. No benefactor could be more willing to help us than is He—the greatest of benefactors to earthly man. As an example to follow at every step we take during our worldly course, we find the richness and the fullness of His life before us. There is never a difficulty we meet that we can not overcome, if we follow His example and His teachings. A solution for every problem of life may be found in the words and works of Jesus.

Today—the first Sunday of Lent—the Church most wisely puts before us one of the great examples afforded the human race by our Divine Master. The devil is God's enemy, and his only satisfaction, if we may so speak, is in endeavoring to have man disobey God, and if possible finally have him plunged into the depths of eternal perdition. Every temptation we suffer must be adduced, either immediately or ultimately, to this arch-enemy of God. All the misery the world experiences is because of this tempter's work with our first parents and with us, their posterity. The vices that continuously stain humanity and sap the sweet virtue of innocence from so many souls are due to the temptations of Satan, or to the punishments inflicted upon the human race because of the first yielding to his wicked suggestions. No one is immune from the devil's ways. The hermit in the desert, the monk in the cloistered monastery, the nun within the sacred walls of a convent, the minister of God engaged in sacred works, the good earnest father, the loving, kind, and pure mother—all are tempted during life by Satan. The nearer a person is to God, generally the more vigorous are Satan's attacks upon him. Of course, the greater number of his efforts directed against the friends of God are failures; but nevertheless he puts forward all his cunning and suggestiveness in his attempt to cause them to sin.

Today we read of our Divine Lord being tempted by Satan. Christ was his sworn, all-powerful enemy. He had manifested His strength against Satan on several occasions—especially when He had freed people of his heinous presence within them. Yet, as we see, when he is permitted the opportunity, Satan tempts our Divine Master. By this, Christ intends to teach us that we are never immune from the devil's attacks, and also to show us how to resist his suggestions. He did not loiter with Satan. His words to him were few but true. Not one word of argument did He carry on with this evil spirit. He conquered him by truth, fortitude, and the richness of grace in His soul.

We often fall when we are tempted, because we do not allow the truth to penetrate our mind as deeply as it should. We are too ready, under the influence of temptations, to reason with Satan. With this truth in our mind—namely, that Satan never can do or suggest anything that is good and just—we should never dally with him. His powers of intelligence are keen, and he easily can lead into error the one that is not most careful. Let no argument therefore go on between the Christian and Satan. His very presence is disgusting; so why permit him to linger near us?

God's eternal truth should be another weapon against him. If we despise it, Satan's blow will be fatal to us. Eve disregarded the knowledge she had from God, and we all know and experience the result. The devil is a liar—the father of lies—and it is only God's eternal truth that will expose his perfidy, and put to naught any suggestion that may tempt to fall from his falsehoods and wicked suggestions. The greatest of all forces against Satan is God's grace. The more we have of it, the less power will Satan have over us and the less influence will his suggestions have with us. The proper and frequent reception of the sacraments—especially confession and Communion—will arm us against him. The Catholic who neglects these sacraments will stand unarmed and his salvation ever will be in danger. Will power is important in the fight, but it is not enough. It must be supplemented by grace. We left to ourselves, are practically helpless against the strong temptations of Satan.

Lent is an excellent time for us to gather spiritual strength. Not only should we contemplate the life of our Divine Lord and be deeply

impressed by the lessons flowing from it, but also we should abstain, as the Church wishes us to do, from things that otherwise are lawful. If we learn to deny ourselves in little things that are lawful and just, it then will be much easier for us to resist temptations toward things unlawful and unjust. Practice in the spiritual life is necessary to success. To the well trained soul will come from God an abundance of help with which to fight the enemy of our eternal salvation.

## SUN LIFE ASSURANCE CELEBRATES JUBILEE

BUSINESS IN FORCE NOW OVER FIVE HUNDRED MILLIONS

The figures which have this week been submitted to the public by the Sun Life Assurance Company of Canada bear eloquent testimony to the fact that the Canadian public have adhered closely to the traditions of thrift, through a period of trade depression and widespread readjustment. The fact that, in the face of decreased income and dull business, our people have continued to make large scale provision for the protection of their families, indicates the stability of the national character, the possession of a deep sense of domestic responsibility and a firm reliance upon the strength and soundness of Canadian financial institutions.

The volume of assurance borne upon the books of the Company has reached the enormous figure of over \$536,000,000. The total income from premiums, interest and other sources is far in excess of anything hitherto earned. At the present moment it is considerably more than \$100,000 a day for every working day of the year. No less a sum than \$11,967,069 was paid to policyholders or their beneficiaries during the year, which brings the amount paid out since the Company's foundation in 1865, up to \$114,155,008. A striking expansion of the Company's assets is another significant fact. A surplus is disclosed of \$10,383,909 over all liabilities and capital stock. This surplus, both in fact and proportionately, marks the year that has just closed as being phenomenal, even in the history of a concern which has been busily engaged in breaking records for over half a century.

Judging by the exceptionally low mortality figures which the Sun Life can show, the people of Canada never before experienced such good health as during 1921. The figures, as regards the number of deaths among insured lives, are far below all previous records. That, side by side with this good physical health, the nation is sound morally and mentally, is evidenced by the fact that the new protection applied for during the year totalled over \$107,000,000.

The results anticipated for 1921, fraught as the year was with industrial and financial worries, both international and domestic, might well have been regarded with apprehension. The Sun Life has, within the last thirty years, carried the good name of the Dominion into many lands, not all of them quite as fortunately situated as Canada. The fact that the Company has emerged from what must be regarded as a period of deep depression with such encouraging results, and with all its previous achievements beaten, speaks volumes of the care, forethought and energy with which it has studied and conformed to world conditions.

By more than maintaining its old standard of advancement, the Sun Life has established the fact that Canada is capable of producing business concerns which are entitled to hold the highest place, not only within the Empire, but among the great financial institutions of the whole world.

## CATHOLIC STRENGTH IN THE ENGLISH LABOR PARTY

Liverpool, Jan. 25.—Out of the 73 Labor Members in the British House of Commons, no fewer than 20 are Catholics, according to Mr. John Sexton, who sits for the Toxteth Division of Liverpool as a member of the Labor Party.

Mr. Sexton made this statement in discussing the manifesto of the Catholic Confederation published at Sheffield this year, which called on Catholic trade unionists to refuse to pay their parliamentary levy to the Labor Party.

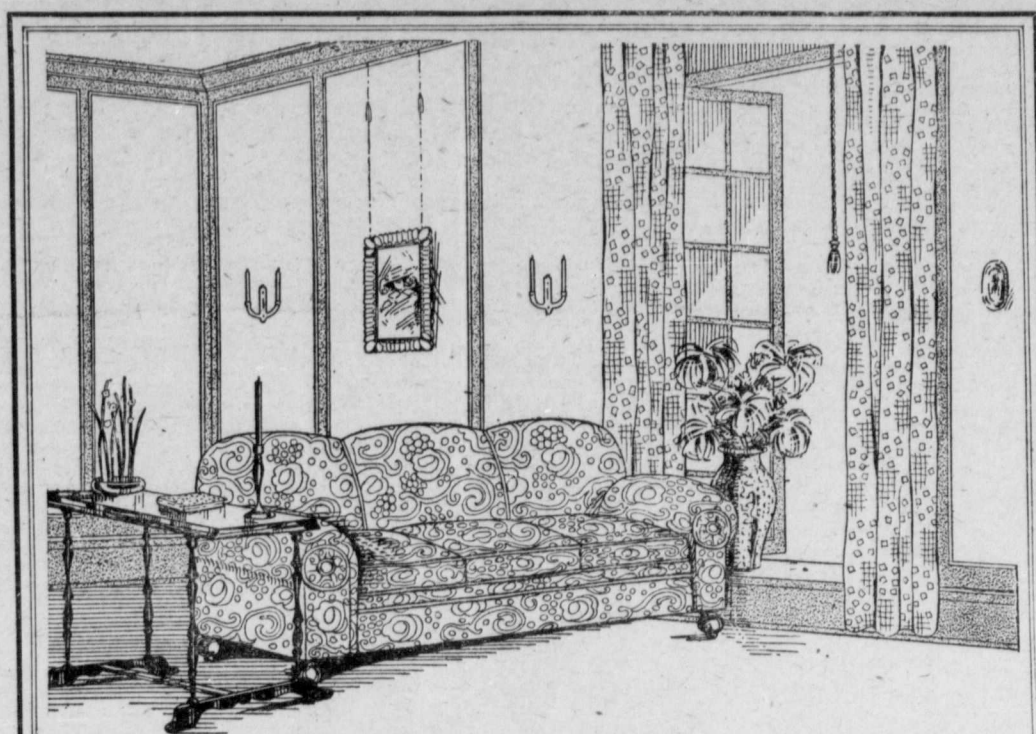
Speaking from his thirty years' experience in the Labor Party, Mr. Sexton said that very few Catholics had been influenced by the Socialism of the Labor Party, and that even where they had been led away, he had never known an instance where the Faith had not been regained. Admitting that the British Labor Party had allowed itself to become impregnated with Continental Socialism, Mr. Sexton argued that the place from which the Catholic trade unionist should fight this Socialism was from inside the Labor movement and not from the outside.

On this account he deprecated the withdrawal of Catholic working men from the Labor Party, which he said would be merely cutting their own throats. He urged on them the duty of staying in the party to combat the Socialistic tendency of the party from an inside position, where the attack could be more effective.

Cheerfulness is the daughter of employment.

The vital air of friendship is composed of confidence. Friendship perishes in proportion as this air diminishes.—Abbe Roux.

Whatever manner of death may take us from earth, let us make sure of God's mercy, which alone can save us in the hour of dissolution whether foreseen or unexpected.



## The Latest Development

Alabastine Opaline Effects are the newest ideas in wall decorations. They combine all the beauty—all the harmonious coloring—all the effect of the most expensive wall papers with the cleanliness, the sanitation and economy of

CHURCH'S COLD WATER

Alabastine

Beautiful color effects are produced by dabbing Alabastine on the wall with a sponge. The coloring of your furnishings are matched perfectly. Moreover, with correct coloring and careful sponging, walls can be made to resemble closely the very fabric of your draperies.

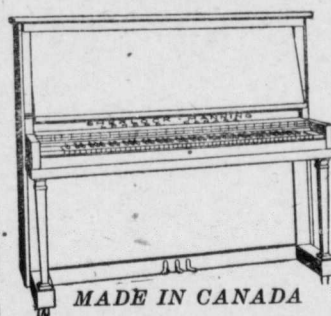
Church's Cold Water Alabastine only is used. There are no expensive tools to buy and very little time is required to put it on.

The Alabastine Opaline Effect needs no wall preparation and it covers any roughness or bad spots in the wall. It does not soil or mark easily.



Send for our booklet of sample designs and full information. You will be surprised and delighted with this wonderful new idea in decoration.

The Alabastine Company, Paris, Limited  
PARIS, ONT. WINNIPEG, MAN.



## Have Your Child Learn To Play A Piano True To Tone

A musical education begins with the first lesson—the development of true music instincts begins then.

Start your child right—have him learn on a good piano, a piano like the Sherlock-Manning. The

SHERLOCK-MANNING  
20th Century Piano  
"The Piano worthy of your home"

is "Canada's Biggest Piano Value" because it is not only a true, quality piano, but one that is built to stand the hard usage of home life.

Hear it at our nearest dealers  
Write us for Art Catalogue and Prices

SHERLOCK-MANNING PIANO COMPANY  
LONDON - CANADA

## "Erin-Go-Bragh". The Irish Canadian's St. Patrick's Illustrated Souvenir

Ready for Mailing March 10th

A Very Interesting Number, Contents:

Special articles dealing with the Irish situation to-day: "How is Dear Old Ireland and How Does She Stand?" Irish Poetry, Irish Wit and Humour.

Order Now. Price 50c. Postage Prepaid

The Irish Canadian Publishing Co.

109 Ontario St. East Montreal



WHAT DID BETTY BUY?

## COPY OF BETTY'S LETTER

Dear Mr. Simpson  
You know Clara Green, don't you? WELL SHE WANTED TO BE A NURSE. What do you think of that? OF COURSE SHE WAS SIMPLY TRYING TO APE A SISTER OF MINE. However she left for Toronto taking her maid Topsy to carry her luggage. When they got to the station the train was pulling out. THEY RAN SO FAST TOSPY RUPTURED A BLOOD VESSEL IN HER LEG. However Clara got on the train alright. Then what do you think happened? SHE TUMBLED AND FELL PEL-MEL ON HER BAGGAGE. Isn't that funny? I BET SHE WANTED TO BAN A NASTY ENGINEER FOR JERKING THE TRAIN SO. She soon got herself in order and reached her seat safely. SHE TOOK OUT A BOOK BY CHARLES LAMB READ A PAGE AND FELL ASLEEP. On arriving in Toronto she woke with a start, and hurried off. Her luggage was heavy and

looked a burden. A NICE CHAP PLEADED TO HELP HER. She refused to let him as he was a stranger. But after walking two blocks she was tired out. THEN SHE THOUGHT HERE WAS A SIMPLE MONSTER FOR REFUSING HIS HELP. She finally reached the Training School and registered. But she didn't like it a bit. She felt very blue. IN FACT AT HER DINNER SHE ATE A VERY LITTLE. She fought with her room mate. IN A FIT OF JEALOUSY OR ANGER SHE LEFT. However before going home she bought a new dress at Smith's store. When she tried it it didn't fit. SO SHE TOOK IT TO SMITH'S ALTERATION ROOM FOR CHANGES. Even then it didn't fit, and she wouldn't keep it. SO APPLYING FOR REFUND SHE GOT HER MONEY BACK. Then she took the next train for home. Isn't that an interesting story? Betty Beatty.

## PUZZLE FIND ABOVE THE NAMES OF 12 ARTICLES SOLD IN A GROCERY STORE

John Simpson was amazed when he read the above letter, which Betty Beatty had handed him. "Our queer little letter," said Betty. "I've hidden the name of each article I've come to buy in each of the underlined sentences. Puzzle it out, and I'll tell you the quantities." "Well," said Mr. Simpson, "I can't find the name of a single article in my store, that is mentioned in your note." "Of course you can't," said Betty. "But here's a clue. In each underlined sentence I've hidden one name. It is only the name of a grocery, fruit or vegetable, and there is just one thing in each sentence. The letters aren't joined and all you have to do is to find the right letter to start on. For instance, if you start on the letter 'B' in the fifth word of the first under-

## WIN! \$2500.00 in Prizes

## THE PRIZES

1st Prize—Ford Sedan, Value \$990.00  
2nd Prize—Ford Touring, Value \$650.00  
3rd Prize—\$200.00 14th Prize—\$5.00  
4th Prize—\$100.00 15th Prize—\$4.00  
5th Prize—\$50.00 16th Prize—\$4.00  
6th Prize—\$25.00 17th Prize—\$4.00  
7th Prize—\$15.00 18th Prize—\$3.00  
8th Prize—\$10.00 19th Prize—\$3.00  
9th Prize—\$8.00 20th Prize—\$2.00  
10th Prize—\$7.00 21st Prize—\$2.00  
11th Prize—\$5.00 22nd Prize—\$2.00  
12th Prize—\$5.00 23rd Prize—\$2.00  
13th Prize—\$5.00 24th Prize—\$2.00  
25th Prize—\$2.00

And 50 extra cash prizes of \$1.00 each

## 2nd Prize Ford Touring Car



Value \$650.00

## THIS GREAT CONTEST IS ABSOLUTELY FREE OF EXPENSE

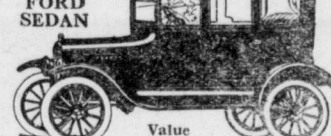
There is nothing to pay—nothing to buy!

This wonderful Contest is nothing more nor less than a great advertising and introduction campaign.

It is absolutely free of expense. You may enter and win the best of the prize without spending a single cent of your money. You do not have to buy anything, or subscribe to anything, in order to compete.

The Contest is conducted by the Continental Publishing Co. Limited, one of the strongest and

## 1st Prize Ford Sedan



Value \$990.00

Best known publishing houses in Canada. That is your guarantee that the prizes will be awarded with absolute fairness and accuracy.

Three independent judges, having no connection of any kind with this firm, will judge the answers at the close of the Contest, and award the prizes. Contestants must agree to abide by their decisions.

In sending your solution use one side of the paper only, and put your name and address (stating whether Mrs., Miss, or Master) in the upper left hand corner. If you wish to write anything but your answers use a separate sheet of paper.

The answers gaining 240 points will win first prize. You get 110 points if you find all the words correctly (10 points for each correct answer, excepting 1 which is given and 20 points will be given for general neatness, punctuation and spelling, 10 points for handwriting and 100 points for fulfilling a special condition of the Contest. This condition is only that you assist in this big advertising campaign by showing a copy of Everyman's World's Greatest Magazine (which we will send you post paid) to just four friends or neighbors, who will appreciate this really worth while Canadian publication and want it to come to them every month. You will easily fulfill this simple condition in a few minutes of your spare time. The Contest will close at 6 p.m. June 30th, 1922. Immediately after which the judges will start to judge the answers and award the prizes.

DON'T DELAY—Send your answer today. This announcement may not appear in this paper again. Address

Continental Publishing Company, Ltd., Chief Manager Department, 606 Toronto, Ont.

## DR. NORVALL'S Stomach and Tonic Tablets

are recommended by Doctors and Druggists to relieve Constipation, Biliousness and Sick Headache. They will act as a gentle laxative and tone up the system in general. This statement the Manufacturers feel confident is correct, but the reader may doubt it, and in order to convince you, if you will cut out the coupon below and mail it with ten cents (stamps or money) to cover cost of mailing and advertising, we will send you free of charge one of our regular size boxes, containing treatment for two months.

Cut out and mail to the following address:

Dr. Norvall Medical Co. Limited

168 Hunter St. Peterborough, Ont.

## COUPON

Dr. N. NORVALL MEDICAL CO. Ltd.

168 Hunter St., Peterborough, Ont.

Dear Sirs:—Enclosed find ten cents, for which please send me one of your regular boxes of Dr. Norvall's Stomach and Tonic Tablets.

Sign your name.....

Post Office Address.....

Province.....

This Coupon will not be honored after March 31st, 1922.