

FIVE-MINUTE'S SERMON.

The Sixth Sunday After Pentecost. THE DIGNITY OF HUMAN NATURE.

"Many prophets and just men have desired to see the things which you see, and have not seen them; and to hear the things which you hear, and have not heard them." (St. Matt. xiii. 17.)

For those who have always lived, through God's goodness, with peaceful hearts in their Father's house—the Church—the truths which God has revealed and which are the inheritance of the faithful have become so familiar to us that we frequently fail to realize their full importance...

OUR BOYS AND GIRLS.

Just now the world is swarming with sweet girl graduates—and with bright boy graduates, too, of course, though somewhat the boy graduate is generally overlooked. It seems to Aunt Bride a pretty serious mistake to ignore him as we do, but this time she wants to follow the fashion and talk with the girls. The boys will have to wait, as usual. Somehow one always feels like adding "poor little girl graduates" after one has said all the pleasant things one can think of. They usually settle in their graduation day essays all the problems that have been bothering the world since the gates of Paradise went to with a bang...

CHATS WITH YOUNG MEN.

Whatever your business is, master it—know it in all its details, be able to do any part of it; don't lean helplessly on others. This world is full of dependent people. They have no initiative, no originality, no ability to plan, no self-confidence born of experience. They have to be told what to do and how to do it. They need a task-master. Even if they go into trade, they never grasp all its features—they depend upon this employe or that partner, and, in case hired hand or associate fails them, they fail. Be not like them—know your work from the ground up. Then you can never be left in the lurch or be at the mercy of others.

Do Not Act the Fool with Dependents.

The true gentleman is always courteous to persons in a dependent position—to his servants and employees of all sorts. To do otherwise, to treat them with arrogance, is not only un-Christian and cruel, like all unkindness to those unable to defend themselves, but it also arouses the suspicion that the person behaving in this way occupies his present position through some sudden change of fortune, that he is not "to the manner born."

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Yet this exalted thought of being a selected life brings no pride, no shallow vanity to a noble soul, for it is also a most humbling thought. With the sense of one's own destiny comes a new conception of the broadness of life and to know that God has appointed one for a purpose is also to realize the solemn meaning of living and the distinction between one's powers and one's calling. The more sure we are that our lives have been selected from the mass for a purpose, the more conscious do we become of the deficiencies in ourselves that threaten to hinder, if not to prevent, the fulfillment of our calling. And thus the exalting thought which is so truly the humbling thought, becomes also the sanctifying thought. The man on whom life is dawned by the conception of his own life as a selected life begins to feel the sacredness of his duty in the kingdom of God for special service in the world of men. And the spirit of consecration enters into his life—the desire to accept his destiny and to be made worthy of it.

Can Work All the Time. My daughter was suffering with catarrh of the stomach, and tried many different prescriptions without benefit. Finally she began taking Hood's Sarsaparilla and she has had her appetite restored and her health improved. Hood's PILLS act harmoniously with Hood's Sarsaparilla. Cure all liver ills, 25 cents. In his VEGETABLE PILLS, Dr. Parmelee has given to the world the most valuable scientific research in the whole realm of medicine, combined with new and valuable discoveries never before known to man. For Delicate and Debilitated Constitutions Parmelee's Pills act like a charm. Taken in small doses, the effect is both a tonic and a stimulant mildly exciting the secretions of the body, giving tone and vigor.

We know that Cod-liver Oil is a fat-forming food because takers of it gain rapidly in weight under its use and the whole body receives vital force. When prepared as in Scott's Emulsion, it is quickly and easily changed into the tissues of the body. As your doctor would say, "It is easily assimilated." Perhaps you are suffering from fat starvation. You take fat enough with your food, but it either isn't the right kind, or it isn't digested. You need fat prepared for you, as in Scott's Emulsion.

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SALE OF TIMBER BERTHS.

Department of Crown Lands (Woods and Forests Branch) Toronto, June 2nd, 1907.

J. M. GIBSON, Commissioner of Crown Lands, Ottawa.

Self-Dependence.

There are many more dependent people in the world than are counted among the dependent classes. The latter, for statistical purposes, include only the paupers, the blind, the halt, and other helpless creatures who depend upon public and private charity for their support. The dependent people who are not included in such returns are the numberless men and women who can do nothing by themselves, but have to be guided and helped in everything. Some of them lack only self-confidence, and seek advice before doing anything. Some more helpless yet, can work only under direction. It is quite obvious that the partially dependent person is at a disadvantage in this world, as compared with one who is self-reliant and self-helpful. It should, therefore, be the aim of young people to acquire not only learning and skill, but self-confidence and the ability to do original work without advice or help of any kind.

Those who have just graduated from school are probably unaware of their dependence upon others, but many of them will find that when away from their teachers they are almost helpless. This dependence is more obvious in the art students and workmen than in the graduates of other schools, but only because the work they are called upon to do after leaving school is so nearly identical with school work. The art student, having a picture to do or a design to make, receives frequent suggestions from a skilled teacher. If he be well trained in technicalities, he needs nothing more than a hint as to the pose, the motive of the design or the color to be used, and with such a hint or hints he produces a commendable piece of work. But having left school, he gets no more hints and is obliged to be self-dependent. If he has been properly trained by a teacher who has wisely and carefully encouraged him to think for himself, he soon acquires the ability to work unaided, but there are great numbers of students who, having received too much attention from their teachers, graduate with high honors and then find themselves helpless. They can do good work under direction, but nothing by themselves.

In the manual training school young boys produce marvelous pieces of mechanism for exhibition purposes under the coaching of their teacher, who, without doing any of the work, sets and gauges the tools and carefully superintends every operation. The student and his friends are delighted, the school is praised by press and public, and the graduate goes into a workshop to find that he is after all a dependent, unable to do the simplest job without direction. All of us are familiar with the school essayists who win applause for their eloquence on commencement day and never thereafter write anything of consequence. They also are dependents, incapable of doing anything noteworthy except under direction. The fault of such training is primarily with the teachers, who, to make a good showing or unthinkingly, think for their pupils instead of requiring the latter to think for themselves.

School exhibitions and commencement would doubtless be less imposing than they now are if the work exhibited should be really the work of pupils without assistance of any kind from the teachers, and yet the exhibits, though poor in themselves, would have greater educational value if they represented original thought, not mere imitation. It is the teacher's function to guide and instruct, but always with

Selected Lives.

Selected lives are lives singled out from the mass; set apart, trained and commissioned unto a special opportunity. The basis of selection may be chiefly that of physical competency, as when men are selected for service in the army or in the athletic games. Or it may be chiefly that of intellectual culture, as in competitions for poets of honor in literary life. Or it may be chiefly that of spiritual efficiency, as when Christ selected apostles, saying: "Ye did not choose me, but I chose you, and appointed you, that ye should go and bear fruit, and that your fruit should abide."

What thought is greater than this to a soul that is noble? To feel the anointing of God upon itself; to know that it is called out from the mass, selected and set apart for something! It is an exalting thought—so high that often at the first one cannot attain unto it. While we know that there are and ever have been selected lives, and while we all recognize selection in others who by their gifts and calling and opportunities are manifestly set apart in the world as its leaders, there is much difficulty for many a noble soul in conceiving of itself as one of the called. But when that thought comes home—when one is brought to feel that the anointing oil is upon one's own brow, and that life must henceforth have meanings reaching far beyond one's self and touching the destinies of others—the mind can hold few thoughts more exalting. A deep joy rises in the soul, "a tide too full for sound or foam," a sense of having caught some of Christ's meaning when he said, "I came that ye might have life, and that ye might have it more abundantly."

But supposing her parents have plenty for comfortable living and are

Scientific men say that we cannot set in motion even a small object, we cannot throw a ball into the air, without its having an effect which reaches to the utmost bounds of space. Something similar may be said of every one of our actions. Not one of them will have an effect in some way or other which will be felt for all eternity.

Do not these considerations open up to us a view of man's dignity and of the value and importance of his actions, which should render our lives precious in our own eyes, and renew the warmth of our attachment to those truths which we have always taken for granted, and to our holy Mother the Church, who has so carefully preserved them for us?

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A Glorious Age in Which We Live. We ought, more frequently, to cast our thoughts upon the marvelous achievements of the age in which we live. In the department of medicine alone there has been an advance all along the line, securing to mankind ever increasing exemption from pain and suffering.

Perhaps the discovery most important to the general designation of "Nervous"—those people all run down in nerve and muscular force—is embodied in the preparation known to doctors as "Maltine and Coca Wine." Maltine is a builder up of nerve and muscular tissue as this—as of buoyancy and nerve—not, indeed, by a vital galvanizing that specially exhaust itself, leaving the system even more debilitated than the first. No! Maltine with Coca Wine gives the needed impetus to the flagging power of body and mind; strengthens the digestive organs; improves the assimilative functions; and sustains the vital forces until, by the improved conditions it brings about, the equilibrium of functions is restored and health renewed. Maltine with Coca Wine is sold by all druggists.