FIVE-MINUTE SERMON

SIXTEENTH SUNDAY AFTER MEDITATION

with might unto the inward man." (Eph iii. 16)
Brethren, mark those last words—the
inward man. The outward man is
easily known, you see him, touch him,
hear him whether you will or not. The
inward man is known fully only to God.
Not even one's father-confessor knows
much of the inward man of the penitent.
Yet that is the real ment the reason. Yet that is the real man; the reasoning, thinking, loving, longing, deciding, judging, accountable and responsible man. That is the man God deals with in an especial manner. He has his outward, visible Church and the Sacraward, visible Church and the Sacraments to reach through the outward man to the inward man—to reach what God alone can reach. What is a Sacrament? An outward sign of inward grace. What is Holy Mass—that central act of all religion? The death of our Radeemer to the outward man is nearly two thousand years past and gone and many thousands of miles away; to the inward man the Mass is the death of Christ here and now. Without the inward spirit, then, the sacraments,

the inward spirit, then, the sagraments, the Sacrifice, the whole Christian religion is distant and forgotten and unreal. The object of all that is done by religion for the outward man is to build up the inward man. So much for the general principles of the outward symbolism of religion. Much might be said on this topic that would be highly profitable. But just one little part of it will engage the rest of our sermon to-day; mental prayer. What is mental prayer? Mental prayer is the inward man tending towards God. It is that free, reasoning, responsible being called man acting with a view to his end—God.

The life of a really prayerful man is reasoning towards God, the essential truth; loving God, the essential joy; responsible to God, the essential right. Hence the cultivation of union with God by inward or mental prayer is the duty of the intelligent Christian. All prayer, to be sure, has an inward charspoken. Purely vocal prayer is that of a parrot or a man in a dream. But there is a prayer in which no sound is uttered, except the voiceless eloquence of the heart. Oh! how we should long for that prayer. Oh! how we should try to that prayer. Oh! how we should that prayer. Oh! how we should that understand God even as we under the prayer and and the prayer. our dearest friends; as man and wife know each other's souls, as parent and child know each other, by a species of communion too sacred to be clothed in

Now, brethren, I know that many ex-cellent Catholics think that mental cellent Catholics think that mental prayer, or meditation, is for monks and nuns and priests. What a mistake! Try it yourself. Take the Our Father, study over word for word the meaning of that prayer, excluding the world and its distractions meantime, and you will meditate. Take the psalms and go from verse to verse, and let your thoughts and wishes and resolutions have play upon the meaning of the words you read—do it slowly, and you will meditate. Take our Lord's parables, or the scenes of His life and death and glory, and ponder over them, picture the scenes of His life and death and glory, and ponder over them, picture the scenes, the places, the persons; ask yourself questions. Who did this or that? why? where? with what effact; with what helps? and how does it effect me? Try it five minutes every day? you never knew God as you will learn to know Him in five minutes of inner life. Try it fifteen minutes of a Sunday. Give half an hour some day of every week to hearing a week-day Mass in that spirit. "God is a spirit, and they that adore Him must adore Him in spirit and truth."

Makes Sweet. Wholesome Bread Women write that the yeast they've used makes sour bread, but White Swan used makes sour bread, but White Swan Yeast Cakes, makes bread sweet, light and wholesome. Sold by live grocers 6 Cakes for 5c. Get free sample from White Swan Spices & Cereals, Limited

TEMPERANCE

THE "BEEF IRON AND WINE"

A young girl in her teens is living a very important part of her existence. During this time she may develop good health or become the victim of some

fatal disease.

The manner of living is very impor tant. The body is a very complex grouping of millions of cells that have special tasks to perform; while a disturbance of a single group of these organisms will effect the entire body. There is a collection of cells forming the brain and nerves; another, the heart, arteries, veins and capillaries; another, the digestive organs, and so on

another, the digestive organs, and so on throughout the body.

If a few simple hygienic laws are dis-obeyed, there will be zerious results oftentimes. Good air, good water, good food, sensible and healthy clothing that will not interfere with the circulation of the blood, the digestion and assimila-tion of the food are essential to good health.

When the development at this age is abnormal, there is apt to be loss of appetite, sleeplessness, pallor and other symptoms which cause much anxiety and for which certain "tonics" are and for which certain "tonics" are given which may produce a slight improvement at first. It is well to remember that there is no "tonic" whether it contains alcohol or not, that is as efficient, or as permanent as nourishing food, pure air, cold bathing, with a brisk rubdown, plenty of sleep and invigorating exercise in the open

and invigorating exercise in the open air.

On the other hand, it is the usual custom, in many families, to give some malt extract, which is advertised as a builder of blood and muscle, and also beer which is said to be a "tonic," the bitter principle of which is a necessity for the sick and a pleasure for the well.

There is a familiar remedy, "beef, iron and wine," which not only has added directly 12½ per cent. of alcohol, but the ingredients are mixed in enough sherry wine, which equals in amount nearly two-thirds of

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Until I Used "Fruit-a-tives" **Worlds Greatest Kidney Cure**

Practically everybody in Toronto knows Professor J. P. Davis. For years, the clite of that city has taken lessons from Prof. Davis in the art of Dancing and Deportment.

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But read Prof. Davis' letter—

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DECEMBER 29th. 1911
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Kidney Disease, and had taken many
remedies without satisfactory results.
Noticing the advertisements of "Fruita-tives" I adopted this treatment
sitogether, and as everyone knows, I am
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J. P. DAVIS.

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the preparation, so that in reality there is very little nourishment from the beef, which is only the so-called "extract," composed of a little fat, some coloring matter and a few extractives, that have a very little nutritive value, a very small amount of iron and a large amount of alcohol. The iron used is in the form of a tincture, which contains 15 per cent. of alcohol, so that the actual "bonic" effect of this concoction

actual "tonic" effect of this concection is a myth.

The alcohol of any preparation, whether it is of 1 per cent. or more, is not a stimulant to the growing cells of the young girl's body. She may feel better, it is true, but this does not indicate the actual condition, for the alcohol will deaden the irritatic condition of the neurons with most intervenent. tion of her nerves with no improvement. On the contrary, the drug, even in very small quantites, is an irritant to every part of her body.-Temperance Cause. PENNSYLVANIA R. R. STOPS

LIQUOR SELLING The sale of all intoxicating liquors on the lines of the Pennsylvania Railroad east of Pittsburgh has been abandoned. This was announced by Traffic Manager Wood in Philadelphia, July 16. Similar

action, he said, will soon be taken on all other lines of the Pennsylvania. The decision of the railroad to sbandon the sale of intoxicants in Pullmans and dining cars is due to the efforts of the Anti-Saloon League in Pennsylvania. State Superintendent Charles W. Carroll of Harrisburg said that the company had entered into an agreement with the League to aton the sale of company had entered into an agreement with the League to stop the sale of liquor on its lines, and that there had been negotiations looking toward that end for some time

AT THE SIGHT OF A DRUNKARD

AT THE SIGHT OF A DRUNKARD
A neatly dressed man was staggering
along a thoroughfare in New York the
other day, so intoxicated that he could
hardly keep on his feet.
Three young men, standing on a
street corner, laughed out loud at
the drunken man as he went by. A
lady, passing there at that moment, said
to them quietly:

them quietly:
"Don't laugh at that poor man—he is sombody's son, somebody's husband, somebody's father; and hearts will ache

when he gets home."

The sight of a drunken man is one for tears—tears for his own degradation and tears from the hearts that will ache when he comes staggering home. KEPT WARM

A patient was arguing with the

doctor on the necessity of his taking a stimulant. He urged that he was weak and needed it. Said he. "But, doctor, I must have some kind of a stimulant. I am cold, and it warms

me."
"Precisely," came the doctor's crusty answer. "See here. This stick is cold," taking up a stick of wood from the box beside the hearth and tossing it into the fire. "Now it is warm, but is the stick benefited?"

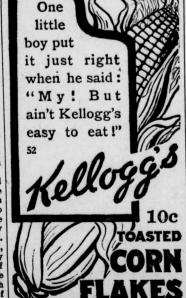
The sick may watched the wood first

the stick benefited?"
The sick man watched the wood first send out little puffs of smoke and then burst into a flame, and replied:
"Of course not. It is burning itself."

"And so are you when you warm your-self with alcohol; you are literally burn-ing up the delicate tissues of your stomach and brain."

TEMPERANCE NOTES

Archbishop Prendergast has given his approval to the Father Mathew day



celebration scheduled for Sunday, Oct. 13, in Philadelphia, and arrangements have been made for the religious services in the Cathedral, at which the Archbishop will preside.—Sacred Heart

Review.

"Every summer," says Byst nder in the Providence Visitor, "a good many men, and some women, conduct exhaustive personal experiments to prove that aicoholic drinks are cooling and refreshing. Repeated failures rarely convince them. Every human being who ever drank a gin rickey or even a glass of beer at ninety in the shade was immediately obliged to redouble his brow-mopping exertions, but few of us who draw the inference remember it until the next time. Alcohol may or may not be a food, but if it is a food it is certainly the least desirable food as an item of

the least desirable food as an item of summer diet." summer diet."

A man need not be a "crank" to appreciate the force of this argument from Governor Stubbs of Kansas:

"There is nothing radical or unreasonable in helping a weak man to carry his week's wages home to his wife on Saturday night; there is nothing fanatical in enabling her to send her children to school with good clothes, good shoes, and a good dinner in the little basket. Prohibition serves the child as well as for the husband. It is for society as well as for the individual. It is for the government as well as the government as well as the governed. In Kansas it pays the doctor his bills, the lawyer his fees, the pastor his salary. It helps the milkman, the farmer, the baker, the butcher, the grocer, the newsboy, the dentist, the book-store, the photographer, the tailor, the dress-"There is nothing radical or unreas the photographer, the tailor, the dress-maker, the merchant, and the manu-facturer. This is why the people of our State are so thoroughly committed to its support."

THE GREAT MISSION OF CATHOLIC MOTHERHOOD

One of the most disastrous effects of modern conditions of life has been the disappearance of the home, properly so called, and the consequent deviation of the mother from her true place, which is the centre of the family and the pivot of her children's lives. The standard of civilization is everywhere judged by the home, and the nucleus of the home in every race and clime is indisputably the mother. The trend of Socialism is to separate the child from the mother and hand him over to the State; and reason must have reached a very low ebb with the woman of to-day when they listen unmoved to theories that would, if realized, rob them of their would, it resized, foo them of their highest prerogatives. But the vocation of motherhood was already on the de-crease. Materialism now pushes it hard. A more alarming symptom than the de-clining birth-rate is the assumption of

clining birth-rate is the assumption of the name of mother by woman who have merely brought a child into the world. Can she be titled mother who does not devote even one-fourth of her day to the care and upbringing of her off-spring? What are her claims to rev-erence and obedience whose life is filled with a thousand occupations in which her children have no part? Can irrewith a thousand occupations in which her children have no part? Can irresponsible, frivolous butterflies of fashion, whose main ambition is to look as young as their grown-up daughters, command allegiance and affection? With the introduction of a hundred labor-saving machines, hands formerly busy with household work were made idle: and swifter, easier methods of locomotion draw apart the immates of idle: and swifter, easier methods of locomotion draw apart the inmates of the home. But wherever the mother faithfally fulfills her responsibilities, there need be no disruption of the family circle. Unfortunately, very many women seem to have lost their footing, and are striving by new departures in all directions to fill up the gap in their lives occasioned by superfluous. in their lives occasioned by superflu

leisure.
It should be remembered that the greatest leaders and profoundest thinkers were formed in the quiet sanctity of the perfect home. When life was not frittered between travel and the theatre, when, instead of a host of acquaintances, one had a few friends, intense. There were time and capacity for enjoyment of the purer, deeper springs of thought, and home was in-deed a haven of love and rest. To-day deed a haven of love and rest. To-day there is every inducement to abandon serious work or thought. The charm of the superficial attracts from every side; meaningless and corrupt vaporings, under the name of literature, confront us at every turn. This is the moment when mothers should reassert their dignity—come forward and check the advance of materialism that is demoralizing their sons, and profit of every weapon within their reach to banish the demon of Anarchy, who is scheming for their degradation. No mother worthy of the name can remain indifferent while a return to barbarism is threatened by the Socialistic doctrines preached with impunity on all.

With every barrier removed that guards the home, the position of woman and child reverts to what it was before Christianity elevated it in the holy sacrament of matrimony—the only safeguard of the family. With Socialism's guard of the family. With Socialism's appalling menace so close and so persistent, there is no excuse for any mother, but more particularly for the Catholic mother, to live in apathy or indifference. Hers is the greatest responsibility; for every means is within her reach to cope successfully with the enemy.

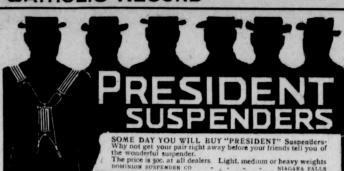
ner reach to cope successfully with the enemy.

Certainty of doctrine, glorious example, enlightened instruction on all subjects of public morality, belong to her by right as a member of the mightiest institution the world has ever seen, a divinely-inspired Church. What a sorry mental calibre must be that of the woman who directs her energies to anything but the formation of young souls, to carry on the sublime ideal taught by this wonderful agency in every zone of the earth! Those who realize what Catholic motherhood means will rejoice in their power and opportunities, spurn all lesser goals of worldly ambition, and combine all their talents in one aim; the guidance of the children confided to them by God.

The spirit of charity permeates the

them by God.

The spirit of charity permeates the Catholic mother's acts. Her mother-hood extends beyond her immediate own, not only to the motherless lads in her neighborhood, but wherever the



missionary flag attracts her attention, Her views are large, bounded by neither ocean or continent; her goals are high; for the is a part of a whole, a unit of one wast aggregation held to are high; for she is a part of a whole, a unit of one vast aggregation held to gether by supernatural ties. What-ever she imparts is authoritative; it has the sanction of a living, active direction; she cannot easily go astray.

Thus entrenched, her position is impregnable, her opinion carries weight; she is entitled to all honor and respect. As her children grow, her zeal for good increases; she enters into all phases of their lives; her own education is com-pleted by the interchange of sentiments and experiences. Her spiritual devel-opment will be richer as her little ones are trained in devotion and loyalty to the grandest cause the world can boast. Their fighting instincts can be turned against the degraders of humanity; their sweetness and gentleness can be fos tered to enhance virtue and comrade

Here is the mission for the Catholic mother, and it demands all the time and mother, and it demands all the time and intelligence she can give it. She will soon learn that there is no greater joy than that found in the moulding of hearts and minds to fit the best that life can offer. Be it hers to point out the evil checked, the good achieved, in the constant struggle renewed each day between the world and the Church of Christ. Her methaps down never her Christ. Her motherhood can never be-come obsolete while she is the rallying center for children and grandchildren the guardian of an eternal relationship which death is unable to overthrow. Her convictions can be so effectively municated that relaxation of moral communicated that relaxation of morals or commercial dishonesty is an impossibility to those around her. It is the sure voice of the mother in the home that carries the day, and the virtue of her sons is the corollary of the truths she holds. Imperfect or distorted vision is spared to the child nurbure!

seeing spinsters foremost in the work of recuperating the moral standard. In fidelity has grown as mothers have described their posts, and the loathsome plague of divorce is an outcome of their apathy. Familiarity with legalized vice thas so debased us that the maintenance of obligations, rarely transgressed half a century ago, is now commonly held to be inconsistent with the "natural law."

When mothers are superficial, society will be vile. She who leaves immortal life outside her combinations for her son's prosperity, is slack in love and undermines her own pedestal. With the acknowledgment of her incapacity to deal with anything affecting his future destiny, she deliberately abandons him to wordly influence and atheistic propagands. Should the college to which she often confines him be non-religious (which means being virtually pagan), she has sacrificed his soul and betrayed her motherhood.—Ave Maria.

The Catholic Church and Other Churches

Other churches have preachers; other churches tell about the Gospel; other churches tell about Jesus Christ; other churches claim to be Christian; but there is only one church that even olic Church never pretends to teach any-thing that Jesus Christ Himself did not preach; she never attempts to do anything that Jesus Christ did not do. You cannot coax her; you cannot cajole her; you cannot tempt her to go from this straight and narrow path trodden by Him. She is here in the world to continue the work of Jesus Christ; and, like St. Paul, she does not know any thing else. St. Paul says, "I do not know anything else but Jesus Christ, and Him crucified. The Church of God vision is spared to the child nurture i con Catholic doctrine. If mothers of the near past had done their duty, they would have escared the humiliation of control in the child nurture is and Him crucified. The Church of God knows nothing else, the Church has been teaching nothing else, and she never will teach anything else.

And that all truthful man admits the control of the child nurture is and Him crucified. The Church of God knows nothing else, the child nurture is and Him crucified. The Church of God knows nothing else, and the child nurture is and Him crucified. The Church of God knows nothing else, and Him crucified. The Church of God knows nothing else, and Him crucified. The Church of God knows nothing else, and Him crucified. The Church of God knows nothing else, and Him crucified. The Church of God knows nothing else, and the child nurture is an element of the child

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Such care is taken in the construction of the I H C wagons, and in the culling of the materials which go into them, that when a wagon reaches a farmer's barn, that farmer has one of the best wearing, easiest running farm wagons that skilled labor can make or that money can buy. There is no need to speculate in buying a wagon. Wear and tear and length of service are the points to go by. I H C wagons are made for nation-wide uses, with special features adapted to local conditions. Wherever sold they are right, and ready for use in that locality. The I H C wagon agent in your town sells the wagon best suited to your neighborhood. Ask him to go over the wagons with you. Ask him for I H C wagon literature, or write the nearest branch house.

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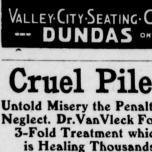
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