

FIVE-MINUTE SERMON SIXTEENTH SUNDAY AFTER PENTECOST

MEDITATION "That he would grant you, according to the riches of his glory, to be strengthened by his Spirit 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 whenever you will or not. Inward man is known fully only to God.

"IMPOSSIBLE TO HELP MY KIDNEYS"

Until I Used "Fruit-a-lives" Worlds Greatest Kidney Cure

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

His constant activity gradually weakened his kidneys, which calamity threatened to make him an invalid. But read Prof. Davis' letter—

563 CHURCH ST., TORONTO, ONT. "I want to say that 'Fruit-a-lives' is my only medicine, and has been for the past five years.

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 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 irritable condition of her nerves with no improvement.

PENNSYLVANIA R. R. STOPS LIQUOR SELLING

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

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:

"Don't laugh at that poor man—he is somebody'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," taping up a stick of wood from the box beside the hearth and tossing it into the fire.

"Of course not. It is burning itself." "And so are you when you warm yourself with alcohol; you are literally burning up the delicate tissues of your stomach and brain."

Archbishop Prendergast has given his approval to the Father Mathew day

One little boy put it just right when he said: "My! But ain't Kellogg's easy to eat!"



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 Bystander in the Providence Visitor, "a good many men, and some women, conduct exhaustive personal experiments to prove that alcoholic 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 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 the man. It is for the wife as well as for the husband, for the society as well as for the individual. It is for the government as well as for 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-maker, the merchant, and the manufacturer. 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 judged by the standard of 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 highest prerogatives. But the vocation of motherhood was already on the decrease. Materialism now pushes it hard. A more alarming symptom than the declining 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 offspring? What are her claims to reverence and obedience whose life is filled with a thousand occupations in which her children have no part? Can irresponsible, frivolous butterflies of fashion, whose 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 inmates of the home. But whatever the mother faithfully 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 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, interests fostered and shared were more intense. There were time and capacity for enjoyment of the purest, deeper springs of thought, and home was needed 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 vapors, under the name of literature, confront us at every turn. This is the danger 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 sides.

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 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.

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, spur 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 Catholic mother's acts. Her motherhood extends beyond her immediate own, not only to the motherless lads in her neighborhood, but wherever the

PRESIDENT SUSPENDERS advertisement featuring an image of a man in suspenders and the text 'SOME DAY YOU WILL BUY "PRESIDENT" Suspenders. Write them up before your friends tell you of the wonderful suspenders. The price is 50c at all dealers. Light, medium or heavy weights. SASSARA FALLS, ONTARIO.'"/>

misionary flag attracts her attention. Her views are large, bounded by neither ocean or continent; her goals are high; for she is a part of a whole, a unit of one vast aggregation held together by supernatural ties. Whatever 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 completed by the interchange of sentiments and experiences. Her spiritual development 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 fostered to enhance virtue and comradeship.

Here is the mission for the Catholic 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 motherhood can never become 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 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 virtues of her sons is the corollary of the truths she holds. Imperfect or distorted vision is spared to the child nurtured on Catholic doctrine. If mothers of the near past had done their duty, they would have escaped the humiliation of

seeing splinters foremost in the work of recuperating the moral standard. Infidelity has grown as mothers have deserted their posts, and the loathsome plague of divorce is an outcome of their apathy. Familiarity with legalized vice has 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 worldly influence and atheistic propaganda. Should the college to which she often confines him be non-religious (often 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 claim to be Christian; but there is only one church that ever hangs on the lips of Christ. The Catholic Church never pretends to teach anything 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 St. Paul, she does not know anything else. St. Paul says, "I do not know anything else but Jesus Christ, and Him crucified. The Church of God knows nothing else. The Catholic Church has been teaching nothing else, and she never will teach anything else. And that all truthful men admit; that

RU-BER-OLD Roofing advertisement featuring an image of a man with a tool and the text 'RU-BER-OLD Roofing Lasts, Lasts, Lasts, Lasts! We do not guarantee RU-BER-OLD Roofing for any definite number of years, because we do not know yet how long it will last. The first RU-BER-OLD Roof, laid 21 years ago, are still water-tight, weather-proof, and giving perfect service—and they look good for many years more. This remarkable durability is due to the RU-BER-OLD gum with which the fabric is saturated and coated. It is a compound of our own, tasteless, odorless, not affected by extreme heat or cold, by fumes, gases, or any other of the enemies which destroy roofing. In years of tests, on all sorts of buildings, in all sorts of climates, RU-BER-OLD has proved conclusively that it gives longer and more complete protection per dollar of cost than does any other roofing. Write for samples and Booklets. THE STANDARD PAINT CO. OF CANADA, LIMITED. MONTREAL. WINNIPEG. CALGARY. VANCOUVER. 88'



Buy I H C Wagons for True Economy

YOU cannot farm without a wagon any more than you can keep house without a stove. It is something you need every day. You work it harder than anything else on the farm, and when the old one wears out you have to get a new one at once. Figure out how many bushels of corn, wheat, or oats, or how many bales of cotton it takes to keep you in wagons, and then see how much you save when you buy a wagon that lasts longer than the average. It is an easy thing to do, even though all wagons which are painted alike look alike. The difference in wagons is underneath the paint. It is the material and workmanship, as well as the paint of I H C wagons which make them the best wagon investment for any farmer. We tell you plainly what material goes into every part of our wagons, and we want every purchaser to convince himself before buying, that when I H C wagons are advertised as having birch hubs, maple axles, and long leaf yellow pine box bottoms, these are the materials actually used. 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 give you the wagons with you. Ask him for I H C wagon literature, or write the nearest branch house. EASTERN CANADIAN BRANCHES International Harvester Company of America (Incorporated) At Hamilton, Ont. Ottawa, Ont. London, Ont. St. John, N. B. Montreal, P. Q. Quebec, P. Q. I H C Service Bureau The purpose of this Bureau is to furnish, free of charge to all, the best information obtainable on better farming. If you have any worthy questions concerning soils, crops, land drainage, irrigation, fertilizers, etc., name your inquiries specific and send them to I H C Service Bureau, Harvester Building, Chicago, U.S.A.

THE EXHIBITION advertisement for North American Life Assurance Company featuring a map of North America and the text 'North American Life Assurance Company HOME OFFICE TORONTO'.

Catholic Church has been teaching the same thing from the beginning. She teaches now what she taught nineteen hundred years ago.—Rev. Dr. Phelan.

PEWS AND CHURCH FURNITURE advertisement for Valley City Seating Co. featuring an image of a church pew and the text 'VALLEY CITY SEATING CO. DUNDAS ONT.'

Cruel Piles Untold Misery the Penalty of Neglect. Dr. VanVleck Found 3-Fold Treatment which is Healing Thousands Coupon brings \$1 package prepaid Don't neglect Piles or the itching or burning which is Nature's first warning. Write at once for Dr. VanVleck's 3-Fold Absorption Remedy for Piles and all Rectal troubles, including Hemorrhoids. We gladly send it upon request without a cent in advance. After trying it, then if you are satisfied, send One Dollar. If not, keep your money. We take your word. Thousands tell us of the wonderful cures performed by this safe remedy which is the triumph of nearly half a century of labor. You can try it for yourself without paying a cent. Just mail the coupon—do it at once. FREE \$1 COUPON Good for a \$1 Package of Dr. VanVleck's Complete 3-Fold Treatment to Self Free on Approval, as explained above, to Name Address Mail this coupon today to Dr. VanVleck Co., P.O. Box 100, St. Paul, Minn. Return post will bring the \$1 Package on Trial.

O'KEEFE'S Liquid Extract of Malt with Iron advertisement featuring an image of a bottle and the text 'O'KEEFE'S Liquid Extract of Malt with Iron is an ideal preparation for building up the BLOOD and BODY. It is more readily assimilated and absorbed into the circulatory fluid than any other preparation of iron. It is of great value in all forms of Anemia and General Debility. For Sale at Drug Stores. W. LLOYD WOOD General Agent Toronto :: Canada'.

MENEELY & CO. advertisement for Bells featuring an image of a bell and the text 'MENEELY & CO. WATERLOO, ONT. CHURCH, CHIME, SCHOOL, & OTHER BELLS'.

SAFE INVESTMENTS advertisement for The Mutual of Canada featuring an image of a man and the text 'The Mutual of Canada has had a unique career of over 42 years in this respect, in that not a dollar of its assets has been lost by mismanagement. Its investments consist of: Mortgages \$9,718,099 53.5%, Debentures and Bonds 4,967,664 27.4%, Loans on Policies 2,276,483 12.6%, Other Assets 1,199,601 6.5%. Total Assets \$18,161,847 100%. Head Office: Waterloo, Ont.'

Sickness and Disease Cannot be Cured With Drugs

DOCTORS' BILLS ARE EXPENSIVE. The constant use of Drugs is expensive, and likewise unnecessary. Nature is the only reliable doctor. Get close to Nature and be your own physician. It is no hard to do, not difficult to learn. Nature's laws are simple. When the fire burns low, you don't run for the doctor or drug store or the patent medicine bottle; you simply put on more fuel. So when disease or sickness attacks the body of yourself or any member of your family go to Nature's vast storehouse of vitality and draw therefrom the revitalizing forces which banish disease and make you well. Send for Our Free Book and Enjoy Good Health Without Doctors or Medicines OUR VALUABLE BOOK FREE Break the bonds of superstition and fear which bind you. Be master of your own health and the health of your family. This book points out the way. If you are sick you know it better than anybody else, and you know where you are sick. You don't want drugs, you don't want to be dosed and enervated by useless drugging. Send 4 cents in stamps to-day for our wonderful free book. DR. H. SANCHE & CO. Dept. 13. 364 West St. Catherine St. Montreal, Canada 2

NEW CENTURY WASHER advertisement featuring an image of a washing machine and the text 'NEW CENTURY WASHER The Springs do most of the Work. The New Century Washer is paramount. There is no other washer that will lighten household labor. The celebrated steel springs do the greater part of the work and the balance of the effort required is very easy when compared to the old-fashioned methods. The New Century features an exclusive patented. No other machine can have the rust-proof steel spring on the INSIDE of the tub to offset the pressure of the logs from the OUTSIDE and prevent warping. See the New Century at your dealer's or write to us for full information. Chamber-Dowdell Ltd. Hamilton, Ontario.'

Every Eddy Match is a Sure, Safe Match advertisement for E. B. Eddy Company, Limited featuring an image of a matchbox and the text 'EVERY EDDY MATCH IS A SURE, SAFE MATCH IT is made of first quality materials by skilled workmen and mechanically perfect machines, and carries with it the Eddy guarantee that it's a sure light. ALWAYS make sure you are well supplied with Eddy's matches because "If you're sure they're Eddy's you're sure they're right." EDDY'S Matches are always full M. M. count—good dealers everywhere keep them. THE E. B. EDDY COMPANY, LIMITED HULL, CANADA Makers also of Paper, Paper Bags, Toilet Paper, Tissue Towels, Etc.'