FIVE MINUTE SERMON

REV. J. J. BURKE, PEORIA, ILL. TWENTY-THIRD SUNDAY AFTER PENTECOST

THE TRUE FOLLOWER

Be followers of me, brethren." (Philip iii, 17.) In his epistle to the Philippines St. Paul exhorts them to lead better lives. He proposes his life as a Be followers of me," he says. Do not follow the teaching of false prophets. Do not follow those whose god is their appetite, whose end is destruction, who are continually seeking the good things of the world to their soul's detriment.

Many seek their happiness in the wealth, the honors, or the pleasures of the world. Do not imitate them but" be followers of me" says St. Paul, as I am of Christ Who is the way, the truth and the life-the way we must follow, the truth we must believe if we wish to attain a life of

everlasting happiness.
As is well known, St. Paul, who thus exhorts the early Christians to follow his example, was, before his conversion, a persecutor of the Church. It was after his miraculous conversion that He made this exhortation. If, as a Jew, he hated and persecuted the Church of Christ, he was

honest in his convictions.

He does not wish the Christians to imitate his deeds done before the gift of grace opened his eyes to the light of Divine truth. It is his life after his conversion, when a true Christian, a follower of Christ in deed and in word, that he wishes us to imitate. For Saul, the bitterest foe of Christ, became Paul, the zeal ous Apostle, the ardent disciple, and

the humble follower of the God-man. St. Paul's life is an inspiration. Travelling thousands of miles over land and sea under the most difficult circumstances, enduring trials and privations of a hundred different kinds, suffering shipwrecks, scou gings and imprisonment, he patiently endured all for Him Whose follower he was. Undaunted by trials, suffer ings and persecutions, he sowed the seed of the Gospel in Western Asia, in the islands of the Mediterranean, and in various parts of Europe.

His success was wonderful. He did more for the propagation of Christ's Church than any other man. Relying on the power of God, he wrought miracles of grace in the hardest hearts. Working principally among the Gentiles, their idols everywhere gave place to the Cross of the Crucified One.

Simple, sincere, earnest and zeal-ous, St. Paul had a great influence on everyone, even on the greatest and most learned. Hundreds moved by his words and example gave their

lives to further God's glory.

For God's sake Paul suffered everything. He denied himself, suffered willingly and made great sac rifices in order to lead souls to God. His life is a beautiful one for us to

The true follower will endeavor to imitate the life of St. Paul as he imitated the life of our Divine Model. The true follower will, in imita-

tion of St. Paul, be a zealous mem ber of God's Church. He will lead a good, upright, Christian life. will have charity towards all, malice towards none. At all times he will do his duty to God, to his country and to his fellow-man. He will be honest, honorable, upright, pure and temperate.

e true follower of Christ, having imitated St. Paul's beautiful Christian life, when his time comes to die can say with the Apostle: " have fought the good fight. I have finished my course. I have kept the faith. As to the rest, there is laid up for me a crown of justice, which the Lord, the just Judge, will render to me in that day." (II Timothy iv, 7. 8.)

TEMPERANCE

BEER AND LABOR

One of the most common customs among certain classes of laborers is the drinking of beer. During the noon hour the can of beer is passed from one man to another, it being regarded as an obligation to imbibe the beverage. To refuse invites ridicule and possibly a discharge from the ranks. The man must be strong indeed to endure the sneers of his fellows. It has also been taught incorrectly that it is a necessity to drink the beverage. It is a peculiar fact that one person may eat meat and another only vegetables, yet the two do not enter into unpleasant argument; but the advocate for beer will insist that all total abstainers are fanatics. The drinker is absolutely sure that he is right and will not tolerate any argument, no matter how reasonable. The condition of his mind is such that he maintains an attitude of contemptuous indifference to all opinions conflicting with his own. As the alcohol further affects his brain this indifference is increased, and his "hard luck" is considered to be due to all other causes and not to his self-indulgence. organic changes due to alcoholism are as permanent as those resulting from any other major disease.

The effect of beer upon the muscles is a brief stimulation of but a few minutes followed by a period of two or more hours of depression with loss of efficiency. Although the individ-ual commonly believes that he is accomplishing more work, actual measurements disprove this belief. No healthy muscle needs the momentary stimulation of alcohol; weak and exhausted ones need rest. The most effective means of restoration and exhausted ones need rest. The McTaggart, 155 King Street East, Toronto, Canada.

are early hours of retirement and a day of leisure once a week. Tests have been made repeatedly among soldiers and laborers, especially when the men were not aware of the experiments, and it has been conclusively shown that the use of alcohol in the smallest quantity is detrimen-tal to the physical endurance, whether it is in the tropical or arctic climates.

Many peculiar accidents are due to the stupefying effect of alcohol or some other narcotic. This especially true in relation to the positions of chauffeur, engineer, motorman, where the human agency is sometimes uncertain and may fail in crisis. The benumbing action of the upon the brain may not be detected, yet it is present, and the person is in an irresponsible condition. So serious is this condition that it is inadvisable to trust any drinker of alcoholics, even a moderate beer-drinker; for there is a great danger of his "slipping a cog" at an important moment and terrible disastrous resulting. The deleterious action of alcohol has been shown to exist for several days after a debauch during which time the individual is not in a normal or responsible con dition.

It is a mistake to suppose that all persons under the influence of liquor must stagger about the streets, or talk thickly, or have a dull expression of countenance. These symptoms may be absent, yet the brain can be subjected to detrimental influences which are not apparent to the drink er himself nor to the casual observer but they can be detected by psychological tests.—Dr. Lane.

PLACE WHERE PROHIBITION IS NOT NEEDED

When Father Holland, C. SS. R. arrived on board the "Meigle" in Port Saunders, N. F., to give a mission recently, he was accorded an enthusiastic reception at the wharf. At first," says the Newfoundland paper from which we take this "the passengers on the Meigle' were puzzled to see the disof bunting and the arches built along the way which he had to pass to the chapel or the residence of Mr. E. F. Goff, J. P. When he appeared on deck forty muskets thundered out a salute and the firing was kept up for some time, then a crowd of stalwart fishermen shouldered arms, formed a guard of honor, and accompanied the missionary to Mr. Goff's house whose guest he was during his stay. The people of the port regret his departure and hope to see him again at no distant date. Then the paper adds:

"Prohibition by law on the West Coast is now unnecessary as far as Catholics are concerned, every man in the congregation, as in the other places visited, having taken the pledge before the good priest left for the Southern Coast to continue the work which he is doing."

THE POWER OF THE PLEDGE The following story often told by Archbishop Ireland (as well as its

sequel), we take from the Catholic "Not long ago, I was strolling of

summer evening along one of the streets in the uppertown of St. Paul. The figure of a friend of mine was seen, hammering a piece of wood in front of a new and neatly-built cot-I approached with the salute: tage. Well, Patrick, what are you doing here?' 'Industrying,' answered he 'putting some last touches to this house of mine. 'This house of yours,' I replied. 'Have you had the money to pay for this fine building?' 'This house of 'Yes, indeed,' he answered: 'this house is paid for, and so is the next house, mine also—one to live in, the other to be rented to some neighbor.' My wonder grew. 'Why, how is this, Patrick? I remember well when you had very little money.' 'So do I re-member,' replied Patrick, 'but I have found the money. You, Father Ireland, gave it to me.' Still more did my wonder grow. 'Come inside,' continued Patrick, and in an instant, following his quick pace, I was upstairs in Prtrick's bedroom, 'Look here,' he said: 'here is the deed of gift.' I looked: on the wall, above the bed, nicely framed, was the document: 'I promise to abstain, during my lifetime, from all intoxicating drinks-signed, Patrick --- Witnessed, John Ireland.' The mystery of the two houses, the property of Patrick, was explained. With gladsome hand I saluted him: with warm heart I prayed for further success to the cause of total abstin-

It appears, from a correspondent of the Catholic Bulletin, that this man who ascribed his success to the total abstinence pledge administered by Father Ireland, died the other day in

St. Paul. The correspondent writes:
"A faithful total abstainer Patrick Leo ever was, from the day, now forty-three years ago, when he gave his promise to Father Ireland, down to the moment when death bade him to another world. Whether the old paper is still extant, I do not know. If so, it is a sacred relic, telling of self-abnegation, of virtues nurtured by it, of peace and happiness begotten from it, along the years of nearly half-century.

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Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

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PARALYSED AND **COULD NOT WALK**

"Fruit-a-tives" Completely Restored New Brunswick Merchant To Health.



BRISTOL, N. B., JULY 25th. 1911. BRISTOL, N. B., JULY 25th. 1911.
"I am unable to say enough in favor of
"Fruit-a-tives" as it saved my life and
restored me to health, when I had given
up all hope and when the doctors had
failed to do anything more for me. I
had a stroke of Paralysis in March, 1910,
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myself, and the Constipation of the
bowels was terrible. Nothing did me
any good and I was wretched in every any good and I was wretched in every way. Finally, I took "Fruit-a-tives" for the Constipation, and it not only cured me of that trouble but gradually this fruit medicine toned up the nerves and actually cured the paralysis. Under the use of "Fruit-a-tives", I grew stronger and stronger until all the palsy and weakness left me. I am now well again and att and all day." and attend my store every day

ALVA PHILLIPS. "Fruit-a-tives" is the only remedy in the world that is made of fruit juices and tonics.

and tonics.

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At dealers or sent on receipt of price by
Fruit-a-tives Limited, Ottawa.

"Ever a total abstainer, ever in dustrying,, as he himself used to say, ever a true practical Catholic—Patrick Leo was able to bring up a large family of children in comfort and in honor. None knew him but to respect and love him. None ever detected a fault in his quiet, unobtrusive, honest life. None there are, who may not learn from his memory the holiest lesson, that the precious life, blessed of God, valued in eternity, is the life passed in doing one's duty however much or little the world around gives attention to it. Again, peace to the soul of Patrick Leo!

The writer of the present letter knows that deepest friendship always, unto the end, linked to Archbishop Ireland the hero of his total abstin ence story. More than once the writer saw Patrick on the streets of St. Paul instantly stop the horse and wagon, conveying to his place of work tools and material, and leap to the sidewalk, where the Archbishop was passing; and the hearty shaking of ands and the warm beaming of faces told that surely two friends were in

ARNOLD AND THE **JESUITS**

Some fifty years ago Mr. Matthew Arnold published a volume entitled "Schools and Universities on the and the tutoring as well as the class-Continent," in which that gifted writer gave a very comprehensive survey of higher and middle-class in struction in France and Germany. Mr. Arnold was at the time inspector of schools in England, and having been authorized by a Royal Commis sion to inquire into and report upon the state of primary and secondar education on the continent, the work above mentioned embodies, in part, the result of his investigations.

A precious volume, "A French ton," which first appeared in 1864 Eton," and was reprinted in 1892, discusses the same subject. From this keen and competent observer we learn much respecting secondary instruc-tion in France in the period at which he wrote, a most noteworthy feature being its incontestible superiority to the provision then existing in England for the intellectual training of the youth of the middle classes.

Amongst the non-official schools visited by Arnold were the college of the Dominicans at Soreze, then having at its head the famous Pere La cordaire, and the well known Jesuit institutions at Paris, one in the Rue des Postes and the other at Vaugirard to the irreparable loss of France, all three have disappeared with the expulsion of the religious orders. In cidentally it may be mentioned that Matthew Arnold stoutly and ably championed the claims of Ireland to a Catholic University, and that in a day when the cause thad few partizans, and still fewer advocates, amongst his co-religionist in Great

Britain.
The following is the English visitor's sympathetic notice of the Paris Jesuit schools:

"Two private establishments which I visited," says Mr. Arnold, "I will mention, because they both enjoy a high reputation. One is the school of Ste. Genevieve in the Rue des Postes, the other is the Jesuits school at Vaugirard. Like the school at Vaugirard, the school in the Rue des Postes is in the hands of more expensive than the Public schools, keep up a brisk competition ence sac day. The case with the school in the Rue des Canada.

Postes, which is a special prepara-tory school for the Polytechnic, Saint Cyr (the special military school,) the Naval school, and other Government establishments."

After giving some details as to the charges, Mr. Arnold goes on to say "A boy gets here a thorough mathematical training, but this school aims at uniting this training with a truly religious education. I found hundred boys here, with thirty five masters, half for superintend ence and half for teaching. It is, of course, to its superintendence that an establishment of this kind aims at giving a character entirely different to that of the superintendence in the establishmenes of the State. For special scientific training of their pupils these religious are free to use, and do use, along with duly qualified teachers of their own order, the best lay instructors of the capital, the same as the lycees them-selves employ. Their charges are high, and they can afford to provide thoroughly good teaching.

careful tests as to character and capacity, and they keep them for the first three months on probation; the seclusion is greater than in the lycees; the boys have 'leave out but once a month instead of once a fortnight; visits in the parlor are permitted only twice a week instead of every day. No wonder, then, that this abundance of care, concentration, and appliances bears fruit and that the candidates from the Rue des Postes are remarkably successful in examinations for the Government schools.

"I was particularly struck with the good appearance of the boys here. In the lycees I had been struck with their good manners, and the natural politeness they showed, down quite to the little boys, when tried by the unusual incident of the entrance of a stranger and a foreigner into their school room; I am sure in England there would have been much less rising and bowing, and much more staring and giggling; but here, besides having good manners, the boys certainly looked, I thought fresher and better than in the lycees. There are a great many of them the sons of the old noble families of France, amongst which, as is well known. Catholic sentiment is strong. They have probably had more advantages for their health and growth and good looks than the mass of the lycee boys, and the grounds and recreation of the school itself, though not without a general resemblance to those of a lycee, had something much more at tractive in them. The great religious house, with its large cool galleries looking on the convents and gardens of that old quarter of Paris, and the figures of the religious moving about, had certainly a repose and refresh ment for the spirits which in the great barrack-like machine of a lycee

wanting. "The same may be said of the Jesuits' school as Vaugirard. This chool is even more interesting than that of the Rue des Postes, being a complete school, while that is only set of scientific classes. At Vaugirard they go through the whole course, as in the lycees, from primary instruction to philosophie and mathematiques speciales. Here, too, as in the Rue des Postes, they are very successful in the examinations for the great Government schools; and for the same reasons. The boys are all boarders; the fees are high (about the same rate as in the Rue des lesson is very careful and good. The and as they work for love and for the good of the Order, of course, one great cause of expense in lay schools

CURED OF DRINK BY SIMPLE

A DEVOTED WIFE HELPS HER HUS BAND TO A CURE THROUGH SAM-ARIA PRESCRIPTION

Mrs. S., of Trenton was in despair A loving father, and a careful provider when sober, her husband had gradually fallen into drinking habits which were ruining his home, health and happiness. Drink had inflamed his stomach and nerves and created that unnatural craving that kills con science, love, honor and breaks all Latin. family ties. But read her letter:

But read her letter:

"I feel it my duty to say a few words about your Tablets. As you are aware, I sent and got a bottle, thinking I would try them in secret. My husband had only taken them a week when he told me he was going to for the thinking them to the thinking the same to the thinking the same to the second bottle for fear one would not be enough. He writes me saying that he has taken the contents of both bottles, and he feels splendid, does not care for drink. In fact, he has not taken any liquor from the first of my giving it to him I feel I cannot say too much in favor of your wonderful Remedy.

"Mrs. S—, Trenton, Ont."

Samaria Prescription stops the craving, for drink. It restores the shaking nerves, improves the appetite and general health and makes drink distasteful and even nauseous. It is used regularly by physicians and hospitals, and is tasteless and odorless, dissolving instantly in tea, coffee, or food.

Now if you know any home on which the curse of drink has fallen, tell them of Samaria Prescription. If you have a husband, father, brother or friend on whom the habit is getting its hold, help him yourself.

Write to-day.

A FREE TRIAL PACKAGE of Samaria prescription with booklet, giving full particulars, testimonials, price, etc., will be sent absolutely the Rue des Postes is in the hands of the religious. Both are considerably package to anyone asking for it and mentioning this paper. Correspondence sacredly confidential. Write today. The Samaria Remedy Company, Dept. 11, 142 Mutual Street, Toronto,

-the payment of teachers-is cut

off.
"I heard the teaching in philoso phe, rhetorique, quarrteme, and the elementary division. The Jesuits seemed to me quite to merit their reputation as teachers. The superior is in every respect a remarkable man. He was a distinguished pupil of the Ecole Normale; then he became a Jesuit, and, of course, quitted the service of the State; but his experience in the Ecole Normal is no bad thing for his school. The good appearance of the boys struck as in the Rue des Postes, and the number of well-known names one heard among the boys was curious. and showed from what class school is fed. Among the little ones I found a Maronite, and a young American from Mobile who could hardly speak French yet, and glad, poor child, to be addressed in his own language.

"The instruction at Vaugirard,

having the degree of bachelor or the Government Schools in view cannot but follow, in general, the same line as that of the lycees; the tutoring is the great difference. The house, class-room, and recreation arrangements have also a general similarity with those of the Public schools, but the sense of a more agreeable, happier and milder life than that of the lycee is felt at Vaugirard and more at Vaugirard than in the Res des Postes; for Vaugirard, though still Paris, is the very outskirts of Paris, and of the convent quarter of Paris-a region full of trees and The Jesuit school is at the gardens. extremity of Vaugirard and gets the

air of the country.
"In the Rue des Postes, too, the boys are older, and it is for the little boys that the cast-iron movement of the lycee appears most dismal, and the guidance of the ecclesiastica hand in bringing them up seems most protecting and natural. Something of the ecclesiastical shelter we are used to in the great school and universities in England; and, perhaps, it is on this account," concludes Mr. Arnold, "that in spite of all which is to be said against the Jesuits and their training I could not help feeling that the Vaugirard school was of all the schools I saw in France the one in which I would soonest have been a school boy." Freeman's Journal.

AMAZING PROCEEDINGS

They have an organization in London called the "Catholic League." composed of Protestants of the Church of England who claim that they are Catholics, and have services in their churches similar in all outward appearance to real Catholic service in real Catholic churches. In opposition to this sort of Protestantism Mr. J. A. Kensit, the well-known Protestant agitator and crusader against "Romanism" in Protestant churches, makes vigorous protest, not merely by words but occasionally in militant suffragette fashion y breaking up the obnoxious Romanist" services.

Recently Mr. Kensit wrote to the Protestant Bishop of London calling his attention to and describing a re markable program in a Protestant church in his diocese—St. Mary's Mission Church—under the auspices of the "Catholic League." Here is part of the description:

The evidence I now give relates to the evening of August 21st last, and shows that the following amazing proceedings took place at St. Mary's Church; Rosary of our Lady, congregational use of holy beads; procession with Mary image; Litany of our Lady; avowal of the Immacu late Conception; procession of the Host: Benediction and Exposition of the Sacrament; intercessions to the Host : worship of the Sacred Heart collects, hymns, and responses in

" As the members of the congrega tion entered the church they went to a holy water stoup and sprinkled their foreheads with holy water. The service, 'Rosary of our Lady,' was conducted by the priest in charge, who forthwith entered the pulpit with a chain of rosary beads. The congregation held out their rosaries, which were used at his direction. First the crucifix was kissed, and then as the heads were 'counted' a number of Our Fathers and 'Hail Marys' were said aloud. The chaplet of the 'Five Glorious Mysteries' of the Rosary were recited by Mr. Maltby (the 'priest in charge') exactly as in Roman Catholic churches, and to each the people responded the Roman Ave: 'Holy Mary, Mother of God, pray for us now and at the hour of our death-Amen.'

Mr. Kensit then goes on to describe the "amazing proceedings" in fur-ther detail, and he concludes by calling on the Bishop to "take proceed ings in the Ecclesiastical Courts against the perpetrator of this 'defiant lawlessness.

The Bishop may "take proceedings' and Mr. Maltby may be removed or expelled from St. Mary's, but the "Catholic League" may still remain and claim and exercise the right as to religion which they hold on the Protestant principle of "private judg-ment." Or many, if not all of them may do better-they may join the

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true Catholic League, where they will be free to precise the good Catholic practices they manifestly believe in and are attached to.-Freeman's Journal.

There is something in man's nature that inclines him sympathetical y-almost respectfully—toward a mental inferior. The feeling, what-ever it may be, is rarely, if ever, found in woman.-Henry S. Merri-

WOODWARD'S GRIPE WATER

MAKES CHILD REARING A PLEASURE I To Messrs, WOODWARD,

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boy, aged six months, won the championship
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Friday, Let me add that the only medicine he
has had since he was born is WOODWARD'S
GRIPE WATER. Vours obediently, A. P.W.,
Camden Grove, Peckham, London, July 10, 1912

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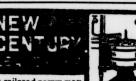


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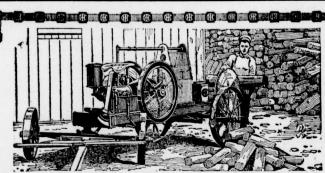


M. L. A. C. Question Drawer. II. What is a Mutual Company?

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