FIVE MINUTE SERMON

BY REV. P. PEPPERT FOURTH SUNDAY IN ADVENT "Prepare ye the way of the Lord, make straight

The words "Prepare ye the way of the Lord" were addressed by St. John to the Jews, but they are addressed also to us. We are called upon to do what we can, in order that Christ may come by grace into our hearts and fill them more and more with it. We ought to do this now, more than at any other season, behooves us to pray earnestly day by day, surveytor our sine and shortcomings and striving to correct them, whilst we think often of God and try with all our might to do His will. If we take pains to offer willing hearts to our Lord, we shall deserve to be cleansed, strengthened and sancti-fied by His grace at Christmas. Then this great festival will bring us il the benefits that the Church intends, for the festivals of Holy Church are profitable to us only if we prepare cur hearts for them by true purposes of amendment, and not if we look forward to them with care-

less indifference.
"Prepare ye the way of the Lord." Let us remember St. John's admoniits celebration by fervent devotion and renewed efforts to lead a virtuous life There is, however, no sesson o are our hearts for the Lord. re His way, and bring us nearer to Him, and pour His grace

tions, but there is one point connect ed with the matter that requires further study. Some one may ask what subjects we ought to select for medi-

There are innumerable subjects that, if we meditate upon them, wil supply us with holy thoughts and will suggest good resolutions, for, as the Pealmist says: "The heavens show forth the glory of God, and the firmament declareth the work of His hands" (Ps. xviii, 2). All nature in her wonderful beauty furnishes us with abundant materials for meditation, and our Lord Himself bade us contemplate nature when He said: "Behold the birds of the air, for they neither sow, nor do they reap, nor gather into barns, and your heavenly Father feedeth them" (Matth. vi, 26). Consider the lilies how they grow ; they labor not, neither do they spin. But I say to you, not even Solomon in all his glory was clothed like one of these" (Luks xii, 27). There are other passages, too, in which our Lord refers to the sparrows on the and to the hairs on our head, in order to stimulate our feelings of condence, gratitude and love of God.

Yet, although Christ Himself referred frequently to nature, natural sis of our meditation, since the human heart is more influenced by divine revelation, and especially by the inflaite, incomprehensible love with which God so loved the world as to send His only begotten Son into the world, and give us with Him all salvation, ail truth, and all the means of grace, without which it would be ossible for us to reach heaven.

The ordinary subjects of our medi-tation should be Jesus Christ, His The ordinary subjects of our meditation should be Jesus Christ, His grace, and we ought, as St. Paul says, to desire to know nothing save Christ ire to know nothing save Christ. sire to know nothing save Christ crucified. Following therefore the holy Apostle's example, let us take as s for meditation, not the wonders of nature, but rather the truths belonging to the order of grace. Although nature in her manifold out ward manifestations serves to raise our thoughts from things seen to things unseen, she cannot rise above herself, but can only point out the merself, but can only point out the way to God from a distance, and even then she is no infallible guide. Meditating on the beauties and wonders of nature may flatter the imagination, but it does not supply strength and comfort to the heart or the contract of the make good and the contract of encourage it to make good resolu-tions. Such meditation may suggest beautiful thoughts and sentiments but it cannot inspire us to perform actions demanding mortification and self denial. It may give rise to the exalted flights of the intellect, but it does not enable a man to bear with patience his lot in life if it is hard and wearisome. Yes, unless we have previously learned how to meditate previously learned how to meditate.

A well known hovelist, who was for years a moderate drinker, writes for years a moderate of in McClure's Magazine. He found in the end that it did not pay. "It should be borne in mind," upon the unchanging truths of divine nature can only too easily become an opportunity for indulging the lust of the flesh, the desire of the flesh, the desire of the eyes and the pride of life.

Nature worship led the Pagans of old into idolatry and suggested to them the mad idea that it was possible to serve their gods by means of crimes. Even in our own day the study of nature by a sensual mind, devoid of all higher light, often results in the worship of nature and of self, in unbelief and in the immoral-

ity to which unbelief gives rise. It is impossible, therefore, to say that nature ought to supply us with our chief subjects for meditation ; it not supply us with any at all unless they are regarded from a truly Christian point of view.

The mysteries of God's revelation

Absorbine, Jr., is a concentrated antiseptic liniment — only a few drops reseptic liniment —

THE GREAT BLOOD **PURIFIER**

"Fruit-a-tives" Cleans, **Purifies, Enriches**

"FRUIT-A-TIVES," the fame fruit medicine, keeps the blood pure and rich because it keeps the whole system free of impurities.

"Fruit-a-tives" improves the Skin Action; enables the stomach to digest food properly; makes the bowels move regularly; and relieves the strain on the Kidneys.

By its cleaning, healing powers on the eliminating organs, "Fruit-a-tives" rids the system of all waste matter and thus insures a pure blood supply.

50c. a box, 6 for 2.50, trial sise 25c. At dealers or sent postpaid on receipt of price by Fruit-e-tives Limited, Ottawa.

Some of them are calculated to awaken our hope in God or our fear of Him; others tend to stimulate our gratitude and love. To the first class belong the solemn truths regarding death, judgment and hell, and, when we meditate upon them, we are deeply moved and impelled to despise the things of earth and to set prepare our hearts for the Lord. Every day that dawns cught to bid To the second class belong the mysteries concerning the life and Passion of Christ, and God's infinite perfec-As we have already seen, the practice of making pious meditations will help us greatly in our efforts to prepare the way of the Lord. We considered last week the importance and the manner of making meditations are other meditations also belonging the constant of the con the self surrender, the victories and triumphs of some particular saints.

Above all, one of our favorite sub-Virgin Mary, a life containing many examples for us all of purity, humility and obedience, and full of faith and confidence in God and of love.

For all Christ ans, with no distinc tion of age or position, the best of all subjects for meditation are those connected with our Lord's Passion. He displayed as in a mirror all the virtues pleasing to God and truly heroic, and from Him we derive con-solation in all the circumstances of life and strength to enable us to do right. The Cross of Christ was the book constantly studied by the saints, from which they learned the way to heaven. They never were weary of regarding themselves in this mirror of souls. Let us form the habit of saying to ourselves on every occasion: "This is how Jesus behaved; this is how He spoke, judged and sored; such were "His dispositions in circumstances resembling my own. Thus would He think, speak and act, were He in my

position. If we keep the eyes of our mind fixed constantly on Him, our great and holy Example, we shall see plainly enough how we may best prepare the way of the Lord, and which path will lead us to heaven. May He guide us on our road and may we follow Him faithfully. Amen.

TEMPERANCE

THE "STOCKHOLM SYSTEM"

Stockholm system." Its purpose is or read the daily papers, or hold conspirituous liquor allowed to any individual. Citizens in good standing few moments of silence after the can thus partake of such beverages day's anxieties and labor. Most within the bounds of moderation, as mothers' nerves are quite on edge by officially interpreted for them, but nightfall. No wonder that she is are prevented from falling into excess. Dr. Bratt, as migut be expected, has been accused by some of being too to bed—in order to have a few moderate and by others of being too moments to herself. extreme in his reform. The fact is that the system is to go into effect for the entire Swedish nation after the first of January. Hitherto it has already been in operation in thirty-one of the one hundred districts into which Sweden is divided, and during the past year is said to have de-creased the censumption of liquor from 5.004.542 liters to 2.979.682 liters.

DRINK NG DOESN'T PAY A well known novelist, who was

For Sprains, Lame Muscles

Absorbine, Jr., brings quick relief. Keep it always at hand for instant use. Athletes use Absorbine, Jr., for the muscle that has been strained for the cut or laceration that runs a chance of infection; for the abrasion that pains and the limbs that are stiff and lame

Absorbine, Jr., is a concentrated anti-

he says, "that I am not dealing with confirmed drunkenness, drinking that has become an organic necessity. Inebriety is a disease as much so as tuberculosis, and must be so considered and treated. I am dealing with the custom of drinking as it is practiced by the great majority of men who drink at all. And, for that very reason, I think that testimony like

mine should be suggestive and valu-able. I have absolutely no prejudice against the custom; and yet, though I never abused it, socially speaking, and am still a worshipper of Diony sius from afar, I do not hesitate to declare that moderate drinking does

not pay.

'I have tried it. I know. No one can tell me anything about its joys and satisfactions. I have also tried total ab tinence. As a consequence I seel batter, sleep better, work better, enjoy life more, and have increased my usefulness as a citizen. A NEW EXCUSE FOR DRINKING

In Springfield, Mass., the other day, man arrested for drunkenness added a new one to the many reasons or rather excuses, given by men as to why they drink. We all know about the man who drinks to drown his grief, and the other man who drinks to celebrate his joy; of the man who drinks to keep cool in sum mer and the one who does the same thing to keep warm in winter; of the man who takes a drink in the morning to start the day right, and the man who drinks at night to compose his nerves and induce sleep—and so on. But this fellow in Springfield in on. But this fellow in a springhed invented a new one. He said he was compelled to take whisky to cure him of lameness! Most people who drink discover that their potations interfere with their powers of locomotion, but this Springfield man declared locomotion did not function well at all. He had been struck by an auto mobile some little time before, he said, and was so injured in the left leg that unless he took whisky he could not walk without a limp .-Sacred Heart Review.

THE LURE OF THE FIRESIDE

The Christmas season seems to be the proper time to call the attention of Catholic parents to one of the many factors that are quickly and surely breaking up the home. Is it not true that the dulness which only too often characterizes the modern Catholic home drives the children to the omnipresent "movie" house, the Is it not true that the indifference of Catholic parents to the amusements of their children is the root cause of much of their estrangement from the

Children will always be children. They love noise. They must make noise, if they are normal and healthy at all. The boy who never plays a prank or never lets out a whoop should be taken to the doctor, for there is something fundamentally wrong with him. You cannot keep the little ones at their books from the hour that follows immediately after supper until bedtime. Children learn quickly—and especially their lessons—and with the "study perlessons—and with the study per-iods "which have been introduced into the modern schools there are long stretched hours in the lives of the children which may be filled up

one way or another.
Of course the father, wearied with long day's hard work dreads the panonium of the fireside. His ear has willing to do almost anything—even if need be to tuck the youngsters in.

Now, Catholic parents lose a glori-ous opportunity of binding the affec tions of their children to them forever when, in a moment of weakness or weariness, they try to rid themselves of the company of their little ones in the evening. The children whose nights are always spent at the "movies" soon lose a taste for the pleasures of home. Boys and girls who are driven night after night to athletics in order to while away the long hours, may be sowing in themselves by such overexertion seeds of nervousness that will sooner or later ever when, in a moment of weakness nervousness that will sooner or later

break down their physical fitness and their mental balance. The desire for excitement which has become so characteristic a mark of the growing generation is due in large part to the lack of reposeful amusement at home. Such games as dominoes and checkers, which were good enough for our fathers and mothers, and served admirably to distract their minds from the day's worries and at the same time helped to sharpen their mental acumen, should be rehabilitated in the home. From over-exertion.

Waiter Johnson, the famous pitcher of the Washington Americans says:
"Absorbine, Jr., is a first-class liniment and rub-down for tired muscles. I have used it myself to advantage and can heartily recommend it to ball players everywhere."

Absorbine Jr. is a concentrated antiwith all America's inventive genius, the production of children's games for the home has fallen off neticeably, as the records of the Patent Office in Washington clearly show. Still, withal, there are enough games

procure one or several games for the home. First of all, it would keep the youngsters amused indoors, a much safer place for them than even the eafer place for them than even the "movies," since even the most strictly censored films frequently contain suggestive and doubtsul scenes and episodes. The dark streets, the dance halls, the cabaret shows, the pool rooms, the cigar stores and salcons, where the boys learn to smoke cigarettes and listen to shady stories—all these our young folk will be able to avoid it parents succeed in making

to avoid it parents succeed in making home interesting and the long evenings not intolerably dull.

In the second place, the introduction of reposeful games in the home will give parents an opportunity of creeping closer and closer to the hearts of their own. For the healthy sonus box will always enjoy playing a young boy will always enjoy playing a game with father, if he has a chance to beat him at it. And it father takes his "trimming" with good grace there will be established between him and his son a bond of comradeship and camaraderie which will be the surest protection for the boy against the appeals of our modern artificial life. -The Resery Magazine.

ONE SURE SOURCE OF PREJUDICE

Apropos of the K. of C.'s investigation of the sources of prejudices against Catholics in this country, the Monitor says: "We have not yet seen a full statement of their deliberations; and important document. In the meantime, we would like to submit to the Catholic public one phase of the bigotry situation which we are all prone to more or less overlook. In many cases the prejudices which exists in the minds of non Catholics against the Church, is created, fostered and perpetuated therein by the disgraceful and disedifying conduct of Catholics themselves. Every Catholic who becomes intoxicated is an argument to the uninstructed non Catholic that the Church deep not consider drankenness a crime. Every action of deceit, dishonesty or other disgraceful proceeding en-tailing sin upon the Catholic soul, creates a hatred against our holy religion in the hearts of those who only know its dogmas through the conduct of those Catholics whom they see around them. Good example on the part of many practical Catho brace the true faith, while the bad example oi loose moraled Catholics has made well meaning Protestants shudder at the religion that is professed by so many who mortally sin against God by their habitual vices."

TRIBUTE TO THE PAPACY

BY A PROTESTANT SCHOLAR

When the Hague Peace Tribunal was established and it was predicted that war would be no mere, the Holy Father was not allowed admittance to the portals of the Peace Temple. But the irony of history has asserted itself, for the present moment, while the world conflict rages, the pretentious Hague Peace Temple stands like another Tower of Babel—a mon ument to man's overweening presumption while the spurned Pris of the Vatican looms up as the great-est peace factor. "Thanks to interest peace factor. position of Italy, the Curie was excluded from participation, in the Hague deliberations. Perhaps it will appear in coming peace negotiations as the exponent of neutral nations, if not a more important task will be

assigned to it."

This statement quoted does not emanate from a Catholic source, but it has as its author Professor ther Kohler of the (Protestant) the ological faculty of the university in Zurich, Switzerland, and it is to be found in an article in "Die Christliche Welt " (The Christian World), an evangelical organ intended for the an evangencia organ intended to the educated classes. The article, "The Papacy and the World War," is so replete with sound, judgment and impartial analysis that we translate

portions thereof for our readers.
"All differentiations along nation al lines," says Professor Kohler, "together with their attendant man-"together with their attendant manifestations, are, in their last analysis, only social coincidences as far as the Catholic Church is concerned. The universal structure of the Catholic Church rears itself aloft over such accidental conditions and her adherents, though scattered by the chance contingencies of national states, are simultaneously members of the super-national Casholic Church. This abrupt precipitation from nationalism to universalism produces singular results. One cannot refer to the fact that the German and English Pro-testants, besides belonging to the German and English nations, are supernationally Protestant. He who

supernationally Protestant. He who contends thus overlooks the fact that Catholic supernationality is a compact sociological body, whereas that of the Protestants is merely one of community of ideas. And how thin, how alarmingly thin, this common Protestant feeling of solidarity is, in view of the political realities born of national captiment. of national sentiment, we have learned to satisfaction. Protestant ism knows no sociological church, only churches, national churches, and even their names reveal the closest adherence to national interests. Catholicism combines all its members, regardless of nationality, into one universal body, whose head Still, withal, there are enough games to furnish recreation and amusement to the growing up generation, if they were but mut to use. were but put to use.

It would not be a bad Christmas pronounced than is that of Protest-investment for Catholic parents to antism. This is no reproach, but

lies in the nature of things; adherence to the international body thus tends to assert itself in the national framework, and occasionally makes anti-national claims, whereupon the pelitical world speaks of "ultramontary."

iem." The latter has not occurred in the present war, but that this tendency is recognized, as a natural right, reveals the cultural nesessity of making concessions to national contingencies. The Church, as such, contingencies. The Church, as such, as custodian of supernatural revelation, will not pronounce in favor of a war of nationality; she has carried on the struggle against infidelity herself and is still capable, for she is thereby protecting herself; but her universality and supernatural character will preserve her from the world war."

Paying a glowing tribute to the peace afforts of Pope Benedict XV., Professor Kohler continues:

"The Law of Guarantees, in the turmoil of the world war, has been abrogated; the Pope no longer feels secure in Rome, and has all reasons therefor. Spain has invited him to migrate to its neutral soil; the Benictine Abbey, the Maria Einsiedeln, bad hopes of harbaring Pope Bane-dict XV. as guest; but a transfer of the Curie from Rome has a different

from Italy of a German or Austria to neutral territory. It is more than questionable that such a step would

"Thanks to the interposition of Italy, the Curie was excluded from participation in the Hague deliberators. Perhaps it will appear in the coming peace negotiations as the exponent of neutral nations, if not a nore important task will be assigned Powers who have hitherto held

aloos, like England and Holland, have sent accredited representatives, or propose to do so. Whether or not a solution of the Roman question will be effectuated is to be left to the future. The problem of the legal status of the spiritual sovereign bereft of territory is so complicated that every prediction is hazardous. It is to be hoped that the establishment of peace, as in other respects, will bring about, particularly in this case, a permanently satisfactory condition of affairs. This would lend a new perspective to the relation between the State and the Catholic Church in aspect from that of the departure general."-Truth.

CITY LIGHTS

ON THE FARM

O-Lantern to carry around with you, give you as powerful lights as you can get in the city. Safer than oil lanterns and COST LESS to use.

Can't explode. Knock it over and it won't set on fire

Use Air-O-Lantern Outdoors

The Air-O-Lite Indoors and the Air-

Air-O-Lite Indoors

Dept. C, Church St.

Toronto

You advertise that the

Sherlock-Manning 20th

Century Piano

is "Canada's Biggest Piano Value"

that it is one of the world's best pianos, that you guar-

antee it for ten years and you save the purchaser \$100.

ADDRESS

We make a specialty of Catholic church windows

OUR SERVICE AVAILABLE

EVERYWHERE

PROVE IT - without obligation to me!

NAME

Send

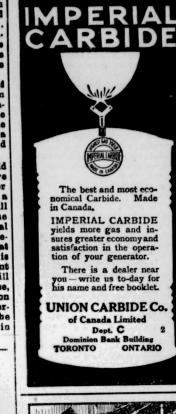
This In!

The Sherlock-Manning

Piano Company

London - Canada

Dept. 3







lects and holds all the dust. Makes housework easy. Keeps the house bright and clean with New Combinations

Nothing

Could

Be Nicer

Now Ready At Your Dealers

CHANNEL CHEM'CAL CO. LIMITED

Match **Specialties**

We have been making Matches for 64 years now-domestic and every other kind. Some of our specialties are:

"The Gaslighter" with a 41/4 inch stick

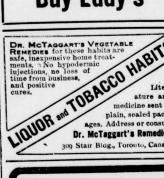
"The Eddystane Torch" for outdoor use.

Wax Vestas

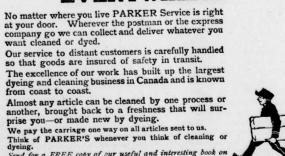
for the smoker, and other varieties.

For home use the most popular match is the "Silent 5", but for every use

Buy Eddy's







LEONARD EST.

QUEBEC : P. Q 1869

Almost any article can be cleaned by one process or another, brought back to a freshness that will surprise you—or made new by dyeing.

We pay the carriage one way on all articles sent to us. Think of PARKER'S whenever you think of cleaning or dyeing.

Send for a FREE copy of our useful and interesting book on cleaning and dyeing.

Be sure to address your parcel clearly to receiving dept. G.

PARKER'S DYE WORKS, LIMITED 791 YONGE ST.