

FIVE MINUTE SERMON

TRINITY SUNDAY

BY REV. F. PEPPER
"Teach ye all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost." (Matt. xxviii, 19)

To day we think with gratitude of the great benefit conferred upon us by Almighty God in instructing us Himself on the subject of His own nature. Our reason tells us that a most wise and powerful Being must exist, for this knowledge is derived from a consideration of the beautiful, orderly arrangement of the world.

The orderly arrangement of nature, and still more the wonderful action of Divine Providence in human life, producing effects due to no human wisdom, forces us to recognize the infinite wisdom of God. After thus recognizing, by means of our reason, the goodness and wisdom of God, we arrive at a convincing sense of there being a Divine Providence, always watching over us, and guiding us all through life.

It is said that men in their pride doubt the existence of Divine Providence and prefer to believe in blind chance, rather than in a good, wise God, ruling all things with love and power. Such men often fancy that they appear cultured if they express doubts, whereas in reality they are betraying their ignorance, their want of reason, which nothing short of the recognition of God's loving care can satisfy, and their want of heart, for how could such a heart be that is capable of doubting God's loving Providence, that from their youth onward has protected them from many dangers, assisted them in many difficulties, and never ceases to watch over them!

How infinitely good it was of God to teach us Himself about His nature and being! What an inexpressible favor He has conferred upon us through our holy religion, which reveals to us the mystery of the most holy Trinity! The mystery is stated plainly in today's Gospel. Baptism can be administered only in the name of God, hence when Our Lord says: "In the name of the Father, and of the Son, and of the Holy Ghost," He teaches us expressly that the Father and the Son and the Holy Ghost are truly God. The Father is truly God, like the Son, and the Son is truly God, like the Holy Ghost; they have one Divine essence and nature, so that there are not three Gods, but one God. The fact that they are distinguished in name shows plainly that they are distinct in Person; there are three Divine Persons, as was revealed clearly at Our Lord's baptism in the Jordan, when God the Father allowed His voice to be heard saying: "This is my beloved Son, in Whom I am well pleased," whilst the Holy Ghost, in the form of a dove, hovered above the Head of Jesus.

These considerations throw light upon St. John's statement: "There are three who give testimony in heaven: the Father, the Word and the Holy Ghost, and these three are one" (I. John v, 17). God therefore is revealed to us as the most holy Trinity. It is impossible for us in this life to understand this mystery; many have tried to explain it, but in vain, and any attempt to fathom it leads only to error, unbelief or foolishness. We can easily see why this should be the case. Our reason tells us that God is so great and that we can never hope to understand Him. The Infinite God, Who created all things in His incomprehensible wisdom, and directs them in His incomprehensible love, can never be laid hold of and understood by the finite, limited and feeble mind of man. If we could understand God, what sort of a God would He be? If we could understand Him, our faith would be inevitably waver. If He reveals Himself to us, His nature must be beyond our powers of comprehension. The mystery of the most holy Trinity, far from weakening our faith in God and His holy religion, ought to strengthen it, for that very mystery shows ours to be a heavenly religion, revealed by God Himself. With firm faith, therefore, let us accept the mystery of the Blessed Trinity, and believe it with all our heart, just because God has revealed it to us, and He is the eternal Truth, Who can never deceive us.

THE BLOOD IS THE STREAM OF LIFE

Pure Blood is Absolutely Necessary To Health

"FRUIT-A-TIVES" PURIFIES

These Wonderful Tablets, Made of Fruit Juices, Are The Best Of All Tonics To Purify And Enrich The Blood.

Pure, rich blood can flow only in a clean body. Now, a clean body is one in which the waste matter is regularly and naturally eliminated from the system. The blood cannot be pure when the skin action is weak, when the stomach does not digest the food properly, when the bowels do not move regularly, when the kidneys are strained or overworked.

Pure blood is the result of perfect health and harmony of stomach, liver, bowels, kidneys and skin.

"Fruit-a-tives", by their wonderful action on all these organs, keeps the whole system as clean as Nature intended our bodies to be clean.

"Fruit-a-tives" tones up, invigorates, strengthens, purifies, cleans and gives pure, rich, clean blood that is, in truth, the stream of life.

"Fruit-a-tives" is sold by all dealers at 50c. a box, 6 for \$2.50 trial size 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

People who refuse to believe this mystery have to form their own idea of God, and claim to know Him better than He knows Himself, for it is God Who revealed the mystery to us.

This is great folly and presumption which finally punishes itself by devising most eccentric theories about God, representing Him as a man, weak and prone to error, even as we are. Such people imagine God to be "pure love," one who is always considerate for mankind, but requires neither penance nor amendment. This false idea of God causes them to keep no watch over themselves, to take no pains to avoid evil, to commit every sin to which they have any inclination without ever thinking of penance, and so finally they perish in their sins. A false conception of God, besides keeping men in a state of error, actually conduces to wickedness of life. How much we ought to thank God for having taught us, by holy revelation, to know His real nature, for this stimulates us to lead good lives!

The thought of the Father, to Whom, as the source of all being, creation is ascribed, should not only make us thankful, but should force us to acknowledge that we belong altogether to Him, and therefore to dedicate ourselves to Him wholly, body and soul, so that we may serve Him alone.

God created us, and therefore we were created for Him, and all that is not done for Him, all that is done to satisfy our own wishes and inclinations, is a mistake. A true knowledge of God inspires us to follow the right path through life, the path of His commandments, that will ultimately bring us to heaven. We are guided on our way especially by the Second Person of the Blessed Trinity—God the Son in His human nature, Jesus, the incarnate Son of God, redeemed us, and this infinite benefit shows us the awfulness of sin, because none but the Son of God could save us from it. This thought ought to make us be always on our guard, and teach us to deny ourselves, lest we fall into evil. If ever we are so unhappy as to commit a grievous sin, a glance at the crucifix will prevent our making the mistake of fancying it enough merely to trust in God's infinite love, in order at once to be forgiven. It was only by suffering that the Son could offer satisfaction to His Father's justice, and God's justice would constrain Him to punish us, unless by a worthy reception of the Sacrament of Penance we become entitled to share Christ's merits.

God the Son therefore encourages us to be zealous in doing penance and in seriously striving to amend those faults by which we have offended God.

Clean Floors with Old Dutch Sanitary Cleanser. The cleanser is shown in a bottle and being used on a floor.

THE TONGUE SLAYS MORE THAN THE SWORD

Ill-natured, caustic remarks, unkind words—oh, that they were more rare! Biting, stinging expressions—oh, that devil-like wings would bear them away from our midst!

I believe that many a saint in heaven has been safely landed beyond the gates of pearl and gold by a kind, helpful word.

At this moment, somewhere in the world, a frail human heart is drifting, lone and friendless, through dark, wild waves of temptation. The little barque is perilously close to the rocks. Corrupt hands are lighting false beacons.

A kind word would say to that storm of trial and temptation, "Peace, be still!" And the angry sulken deep would hush its voice, and a great calm come, and the little craft steer safely to shore.

But the word is never said. And there is another wreck, a wreck for time and eternity. How great a matter a little fire kindleth! A tiny match can burn down a city like Troy. And the Apostle calls our tongue a fire—a fire lighted of hell-fire that brings ruin and death.

But the tongue, unruly member though it is, can be tamed and cured, if we only begin our reformation properly. That reformation of our evil tongue must be done at the heart.—St. Paul Bulletin.

THE CHURCH

The Church is the only real university in the world. She was instituted by Christ, who was the wisdom of the Father, and He was her first professor. He taught alone; for three years. He taught the whole world alone. And during that time He laid the basis of all sound future knowledge. This university He called His Church; and it was to be a teaching Church, and it was to teach the whole world, and it was to last to the end of time.

Other firms ruling against liquor are: American Car and Foundry Co., Berwick shops; Lukens Iron and Steel Co., Coatesville, Pa.; American Tin Plate Company, Pennsylvania; The Pennsylvania Railroad Company.

"My reason for quitting the liquor business is not that I am rich, or old, or troubled by my conscience. I simply have decided to get out while the getting is good. I believe I can read the handwriting on the wall. I believe the finish of the booze business in this country is in sight. I prefer to step from under before the roof falls in."—St. Paul Bulletin.

SHALLOW AND IGNORANT

The libellers of the Church's moral rectitude are not the learned and the sincere, nor the clear-minded, but the shallow and ignorant, the malignant, and they who invert the quality of charity that thinketh no evil and rejoiceth not in iniquity.—John Ayscough.

THE TONGUE SLAYS MORE THAN THE SWORD

Ill-natured, caustic remarks, unkind words—oh, that they were more rare! Biting, stinging expressions—oh, that devil-like wings would bear them away from our midst!

I believe that many a saint in heaven has been safely landed beyond the gates of pearl and gold by a kind, helpful word.

At this moment, somewhere in the world, a frail human heart is drifting, lone and friendless, through dark, wild waves of temptation. The little barque is perilously close to the rocks. Corrupt hands are lighting false beacons.

A kind word would say to that storm of trial and temptation, "Peace, be still!" And the angry sulken deep would hush its voice, and a great calm come, and the little craft steer safely to shore.

But the word is never said. And there is another wreck, a wreck for time and eternity. How great a matter a little fire kindleth! A tiny match can burn down a city like Troy. And the Apostle calls our tongue a fire—a fire lighted of hell-fire that brings ruin and death.

But the tongue, unruly member though it is, can be tamed and cured, if we only begin our reformation properly. That reformation of our evil tongue must be done at the heart.—St. Paul Bulletin.

THE CHURCH

The Church is the only real university in the world. She was instituted by Christ, who was the wisdom of the Father, and He was her first professor. He taught alone; for three years. He taught the whole world alone. And during that time He laid the basis of all sound future knowledge. This university He called His Church; and it was to be a teaching Church, and it was to teach the whole world, and it was to last to the end of time.

Other firms ruling against liquor are: American Car and Foundry Co., Berwick shops; Lukens Iron and Steel Co., Coatesville, Pa.; American Tin Plate Company, Pennsylvania; The Pennsylvania Railroad Company.

"My reason for quitting the liquor business is not that I am rich, or old, or troubled by my conscience. I simply have decided to get out while the getting is good. I believe I can read the handwriting on the wall. I believe the finish of the booze business in this country is in sight. I prefer to step from under before the roof falls in."—St. Paul Bulletin.

SHALLOW AND IGNORANT

The libellers of the Church's moral rectitude are not the learned and the sincere, nor the clear-minded, but the shallow and ignorant, the malignant, and they who invert the quality of charity that thinketh no evil and rejoiceth not in iniquity.—John Ayscough.

THE TONGUE SLAYS MORE THAN THE SWORD

Ill-natured, caustic remarks, unkind words—oh, that they were more rare! Biting, stinging expressions—oh, that devil-like wings would bear them away from our midst!

I believe that many a saint in heaven has been safely landed beyond the gates of pearl and gold by a kind, helpful word.

At this moment, somewhere in the world, a frail human heart is drifting, lone and friendless, through dark, wild waves of temptation. The little barque is perilously close to the rocks. Corrupt hands are lighting false beacons.

A kind word would say to that storm of trial and temptation, "Peace, be still!" And the angry sulken deep would hush its voice, and a great calm come, and the little craft steer safely to shore.

But the word is never said. And there is another wreck, a wreck for time and eternity. How great a matter a little fire kindleth! A tiny match can burn down a city like Troy. And the Apostle calls our tongue a fire—a fire lighted of hell-fire that brings ruin and death.

But the tongue, unruly member though it is, can be tamed and cured, if we only begin our reformation properly. That reformation of our evil tongue must be done at the heart.—St. Paul Bulletin.

THE CHURCH

The Church is the only real university in the world. She was instituted by Christ, who was the wisdom of the Father, and He was her first professor. He taught alone; for three years. He taught the whole world alone. And during that time He laid the basis of all sound future knowledge. This university He called His Church; and it was to be a teaching Church, and it was to teach the whole world, and it was to last to the end of time.

Other firms ruling against liquor are: American Car and Foundry Co., Berwick shops; Lukens Iron and Steel Co., Coatesville, Pa.; American Tin Plate Company, Pennsylvania; The Pennsylvania Railroad Company.

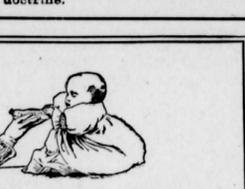
"My reason for quitting the liquor business is not that I am rich, or old, or troubled by my conscience. I simply have decided to get out while the getting is good. I believe I can read the handwriting on the wall. I believe the finish of the booze business in this country is in sight. I prefer to step from under before the roof falls in."—St. Paul Bulletin.

SHALLOW AND IGNORANT

The libellers of the Church's moral rectitude are not the learned and the sincere, nor the clear-minded, but the shallow and ignorant, the malignant, and they who invert the quality of charity that thinketh no evil and rejoiceth not in iniquity.—John Ayscough.

GOOD THOUGHTS

It costs more to revenge injuries than to bear them. It costs more to satisfy vice than to feed a family. It is proof of nobility of mind to despise insults. One rose in a sick man's room is worth forty on a bier. The virtues are never the strongest for giving them a vacation. Do not go against your own conscience, whatever the gain. The doctrines of Christ have never changed, but have developed. A good action never perishes, neither before God nor before men. A man can usually patch up his reputation by mending his ways. Unity of doctrine is essential, and only one religion has this unity of doctrine.



Are you worried about Baby?

HOW to Feed Baby is often a great worry to mothers who are unable to nurse their babies themselves. Ordinary cow's milk—however prepared at home—is not a suitable substitute for the mother's milk. It is acid in reaction, contains harmful germs and forms dense curds in the stomach that cannot be digested.

A PURE, COMPLETE AND PROGRESSIVE DIETARY.

Allenburys Foods

Milk Food No. 1. Milk Food No. 2. Malted Food No. 3. From birth to 3 months. From 3 to 6 months. From 6 months upwards. In tins at 50c. and \$1. In tins at 50c. and \$1. In tins at 30c. and 60c.

Write for free book "Infant Feeding & Management", 64 pages of valuable information for every mother.

THE ALLEN & HANBURYS CO. Limited, 66 Gerrard St. East, TORONTO

TORONTO'S Two Famous Hotels

WALKER HOUSE "The House of Plenty" HOTEL CARLS-RITE "The House of Comfort" COR. FRONT and YORK STS. COR. FRONT and SIMCOE STS.

Both these Hotels are situated convenient to the Union Station and Steamboat Wharf, overlooking Toronto Bay and Lake Ontario, and are delightfully cool in summer. Operated on the American and European Plan with a rate of \$2.50 per day and upwards, American Plan \$1.00 European Plan

Everything is done at these Hotels to make your stay pleasant. Special attention paid to the comfort of Ladies and Children

THE ST. CHARLES Most Select Location Fronting the Beach ATLANTIC CITY, N.J.

With an established reputation for its exclusiveness and high class patronage. Thoroughly modern and completely equipped. Courteous service. Bathrooms, with hot and cold, fresh and sea water attachment, etc. Magnificent sun parlors and porches overlooking the board walk and ocean. Orchestra of soloists. Always open. Golf privileges. Illustrated booklet. NEWLIN HAINES CO.

Meet me at the Tuller For Value, Service, Home Comforts



New HOTEL TULLER Detroit, Michigan Center of business on Grand Circus Park. Take Woodward car, get off at Adams Avenue. ABSOLUTELY FIREPROOF 200 Rooms, Private Bath, \$1.50 Single, \$2.50 Up Double 200 " " " 2.00 " 3.00 " 100 " " " 2.50 " 4.00 " 100 " " " 3.00 to 5.00 " 4.50 " Total 600 Outside Rooms ALL ABSOLUTELY QUIET Two Floors—Agents' Sample Rooms New Unique Cafes and Cabaret Excellence

MILK STANDS OUT prominently on every house painted with Maple Leaf Paint COVERS most surface and does it well. SPREADS easily and evenly WEARS the longest time. PROTECTS against every kind of weather. PRESERVES best from decay. Looks Best all the Time Made in Canada by IMPERIAL VARNISH & COLOR CO. WINNIPEG TORONTO VANCOUVER

CHURCH ORGANS TUNING REPAIRING WATER MOTORS ELECTRIC MOTORS ORGAN BLOWING MACHINERY LEONARD DOWNE LONDON CANADA

Stammerers The methods employed at the Arnott Institute are the only logical methods for the cure of stammering. They treat the CAUSE, not merely the habit, and insure NATURAL SPEECH. If you have the slightest impediment in your speech, don't hesitate to write us. Careful replies everywhere. Pamphlet, particulars and references sent on request. THE ARNOTT INSTITUTE, Berlin, Ont., Can.

Recipe to Darken Gray Hair

This Home Made Mixture Darkens Gray Hair and Removes Dandruff

To a half pint of water add: Bay Rum ..... 1 oz. Oriz Compound ..... 1 small box Glycerine ..... 1 oz. These are all simple ingredients that you can buy from any druggist at very little cost, and mix them yourself. Apply to the scalp once a day for two weeks, then once every other week until all the mixture is used. A half pint should be enough to darken the gray hair, rid the head of dandruff and kill the dandruff germs. It stops the hair from falling out, and relieves itching and scalp diseases. It promotes the growth of the hair and makes harsh hair soft and glossy.

RIDER AGENTS WANTED We ship on approval to any address in Canada, without any deposit and allow 10 DAYS TRIAL. It will not cost you one cent if not satisfied after using bicycle 10 days. DO NOT BUY a bicycle, lamp, or sundries at any price until you see our latest price catalogue and learn all about our special proposition. The price is right. Do not wait. ONE CENT is all it will cost to send you our Free Postpaid Catalogue, by return mail. Do not wait. Write it now. HYSLOP BROTHERS, Limited Dept. 1 TORONTO, Canada

SELDOM SEE

A big knee like this, but your horse may have a hunch or bruise on his Ankle, Hook, Stifle, Knee or Throat. ABSORBINE ABSORBINE TRADE MARK. RELIEVES SORE. Will clean it off without hurting the horse up. No blister, no hair gone. Concentrated—only a few drops required at an application. \$2 per bottle delivered. Describe your case for special instructions and Book B free. ABSORBINE, JR., a scientific liniment for man and horse. Reduces Painful Swelling, Eczema, Glands, Gout, Wens, Bruises, Varicose Veins, Rheumatism, Old Sores, Ailments, Sprains, etc. Price, 25c. a bottle at druggists or delivered. Manufactured only by W.F. YOUNG, P.O. Box 299, Yorkville, Ont., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

"Buy it NOW"

EVER since the war began the tendency of people has been to postpone buying until after the war. The result is that work has fallen off and the number of unemployed has been increased. Many have been putting off life insurance until after the war, when they can well afford to buy it now. It is just as true economy to postpone life insurance; every year it is dearer and life is less certain. Above every other necessity or luxury of life come the claims of life insurance. Buy it now! And make it a Mutual Life Policy, because in a Mutual Company there are no proprietors nor stockholders to receive special dividends. The policyholders are divided with the whole surplus. THE MUTUAL LIFE ASSURANCE COMPANY WATERLOO, ONTARIO