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FIFTH SUNDAY AFTER EASTER

briding his tongue, but deceiving his own heart, this man's religion is vain (St. James 1. 26).

My dear brethren, we see by these words that we have a rule by which to find out whether or not we deserve to be called sincere Christians or hypocrites. In order to be a sincere Christian, what has a man to do? He has to get control of himself; to get his soul and all that it can desire subject to the law of God; to get all pride, covetousness, lust, anger, envy, gluttony, and sloth under the control of his own will; to get that will subject to and one with the will of God; and, what is more, he must keep himself in this state of mind at least so far as to restrain himself from committing mortal sin and the graver venial sins if he desire sincerely to keep his soul well out of danger. He who acts thus is a truly good man, and that man's

sins if he desire sincerely to keep ins soul well out of danger. He who acts thus is a truly good man, and that man's religion is not vain.

What is the first thing to be done to begin to live in this way? It is to examine and see in what way a man commits the greater number of sins. One will soon find that the tongue of man is the means by which a man sins most frequently and in the most devilish manner. For, says St. James, "The tongue is a fire, a world of iniquity.

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is hypocrisy of the worst kind. But what are the sins of the tongue we most and noble leaders as Champlain, often hear?

nothing but a merely outward show. It is hypocray of the worst kind. But what are the sins of the tongue we most often hear?

They are blasphemies, curses, and and noble leaders as a Champlain, daths; the retailing of our neighbors faults with delight and evident pleasure; quarrels, blickerings, constant reproachant them in the most critical moments, the quarrels, blickerings, constant reproachant them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, the most sublime self-asardices? Assured shows them in the most critical moments, them most sublime self-asardices? Assured shows them in the most critical moments, them most sublime self-asardices? Assured shows them in the most critical moments, them most sublime self-asardices? Assured shows them in the most critical moments, them most sublime self-asardices? Assured shows the sublime self-asardices? Assur tongue? It works in our very homes.
The husband becomes by it bitterness and gall to his wife and family. The wife becomes a torture to a husband and children. Both by it make home a curse instead of a blessing, and separate those of whom the word of God declares, "Whom God hath joined together let no man put asunder." Too often do we find such a husband, who is like a roaring wild heart. down, or like the mill-clapper, so often used as a figure of an unruly tongue. The bad tongue of a child is the ruin of all in the house. That child is a taleall in the house. That child is a tale-bearer and a traitor against those who begot him. A de estable habit of the evil tongue is what the world calls "damning our neighbor with faint praise," or, in other words, praising him highly, even to the skies, and putting in highly, even to the skies, and putting in a little word of evil that destroys him all the more surely. One will excuse himself by saying: "But, after all, I spoke well of him. It can't do any harm!" Yet he knows in his inmost soul he has ruined or seriously injured his neighbor. How would I feel if I were spoken of in this manner? is the question.

A EUCHARISTIC COUNTRY

Why a Eucharistic Courtey
Why a Eucharistic Congress in
America this year preferable to elsewhere? His Grace Mgr. Bruchesi, in
his eloquent address at the London
Congress gives the reason: "Canada has
a right to the honor of a Congress
because it is a Eucharistic Country."
Yes, years ago Canada was ready to
receive this new effusion of Eucharistic
grace, ready to give this new homage to
the divine King. Does not its history
which is a continuous act of generous
fidelity and indissoluble attachment to
the God of the Host bear out the assertion?

on? Looking backwards four centuries we Looking backwards four centuries we see this fair land, now ours, an immense forest and the majestic St. Lawrence flowing through vast solitude, till 1534 Jacques Cartier landed on its banks. In whose name did he come? What king was going to take possession? The king of France? Yes, but even more truly speaking the King of our Altars, for it was after Mass in the church of St. Malo that Jacques Cartier and his companion set out on their voyage of discovery. Later on France would lose this valuable conquest, but the King of the Host retain it and find in its denizens loyal and devoted subjects.

The first moment of our existence with

loyal and devoted subjects.

The first moment of our existence with its ideal setting, how glorious it was!

That first Mass on our blessed soil!

Cartier and his intrepid companions hastening to erect an altar, and the priest offering to God:

"On the threshold of a world opening its doors."

its doors
The divine Holocaust the strength of

without Egyptian Liniment on many iss."

This statement, seconded by many other stockmen, indicates only one of many uses for this reliable remedy. It has quickly cured sore feet, cuts, sores, sprains, bruises and congested conditions, and has prevented blood poisoning or lockjaw.

Douglas' Egyptian Liniment has also proved a blessing in human troubles, proved a blessing in human troubles, broked a blessing in the glittle cell near the altar unuer regard of her Divine Spouse in the Blessed Sacrament.

Eucharistic werethey not our glorious with his blood that brave Missionary hero, who learning of the pillage of the Colony by the Iroquois died in protecting the altar and mingled his ashes with the broked broked by the broked broked by the broked broked broked by the broked br

What a beautiful sight to see those What a beautiful sight to see those men of faith asking the God of the Sacrament to come Himself and preside at this new foundation and bless this new city. Aye, and inaugurating their Apostolate by spending the first day before the Blessed Sacrament exposed. Commenting on this, a sacred writer says: "It is worthy of note that the history of the Church does not record another similar Church does not record another similar to the Blessed Sacrament to be loved, honored, glorified and received not only from the 7th to the 11th of September, 1910, but as long as life lasts. fact. Generally exposition of the Blessed | 1910, but as long as life lasts.

Cured Caked Udders

Douglas' Egyptian Linimant is found in the report given below—one of many endorsements constantly being received. D. W. Shae, Egy, a prominent stock owner of Odessa, Ont., writes:

"I have used Douglas' Egyptian Liniment for cattle with caked bags or udders, and consider it a marvellous remedy. In 24 hours after applying this liniment, our cows milked freely. No farmer or cattleman can afford to be without Egyptian Liniment on his premises."

This statement seconded by many. This statement seconded by many. This statement seconded by many.

spending twenty years of her life in a little cell near the altar under the sole regard of her Divine Spouse in the Blessed Sacrament.

and it looked as if this young branch wrested from the paternal stock must perish with its religion and its language; but no, it survived, kept its faith intact and is to-day more than distinguished among nations by its love for the Blessed Sacrament.

Can you show me a country where the counsels of Pius X. on Communion have been more lovally observed; colleges where students display more real enthusiasm for the practise of frequent and even daily Communion; churches, ilke Notre Dame for instance, where the dawning of the New Year is sanctified by midnight Mass at which more than 10,000 assist and nearly all communi-

creasing love and faith; and for this purpose spare no effort in giving the ceremonies of next September all the splendor possible as affirmation of our faith in the Eucharist, and solemn pro-clamation of the vital Christianity of

our young nation.

Nevertheless we must not misunder-

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at is the most artistic and effective. An Alabastined wall is a delight to the eye—so soft, velvety and beautiful. It will not rub off or fade. Alabastine is cement, and hardens with age. Its beauty is permanent. It is the most sanitary and inexpensive wall coating known. Alabastined walls are now the general vogue, in cottage and mansion alike. Wall Paper is out of fashion. The sales of Alabastine in Canada have doubled in two years.

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City....

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to get the first package into your hands. Quality will do it again.

A CHEERFUL HEART

The cheerful man not only has sun-

peace to the wicked, saith the Lord."

What should be the basis of our joy? The foundation of our gladness of heart should not rest on our temporal possessions. I am far, indeed, from decrying the legitimate acquisition of wealth. For if judiciously employed it contributes to the alleviation of human misery. But what is not lasting cannot bestow the fullness of satisfaction. We have a very uncertain tenure of our riches. They may take wings and fly from us. We will certainly part with our wealth at the hour of death.

Nor should our han iness rest on the

shall the more surely. One will excess limited by saying: "But, ster all, spoke well of him. It can't do any important the complete of the com the God of the Sacred Host. Moreover, thanks to the gracious loyalty of Marie Aymong, the Eucharistic Flowers of New France have embalmed the universe with their rare sweet perfume.

Briefly referring to the sacred phalanx of our Virgins, we must mention the

denly cut short by death.

Do not make the pleasures of life the subject of your delight, for some of those pleasures are base and shameful, and they are all of brief duration. Our glory as citizens of God's kingdom on earth does not consist in the pleasures of the table, but in the Code in the consist in the pleasures of the table, but in the God-given grace of the table, but in the God-given grace of the Holy Ghost. Solomon possessed all these temporal advantages of which I have spoken. He ruled a kingdom. and no pleasure that his heart desired, was denied him. Yet he left us the solemn verdict that "all is vanity and affliction of spirit."

What, then, should be the basis of our joy? What is the oil which should feed.

What, then, should be the basis of our joy? What is the oil which should feed this blessed lamp of cheerfulness? St. Paul tells us when he says: "Rejoice in the Lord." We should rejoice because we can look up to Heaven, and claim as our Father the Creator of the universe. We should be glad of heart, because we are the brothers and sisters of Jesus Christ by adoption, that we were redeemed by His precious blood. We should rejoice that we are heirs prospective of the Kingdom of Heaven, and that the eye hath not seen, nor ear heard, neither hath it entered into the heart of man what things God hath prepared for them that love Him." We should be filled with delight by the thought that one day we shall enter into our eternal rest, when "God shall wipe away all tears from (our) eyes, and death shall be no more, for the former things have passed away." What intensifies this spiritual joy is

away."
What intensifies this spiritual joy is the reflection that no man and no earthly power can rob you of this happiness

There is Danger In Delay



Tfils is true of many affairs of life, but especially is it so regarding life insurance. The baneful habit of procrastination has been responsible in depriving many a family of the benefits of the protection to which it was naturally entitled. Life and health being very uncertain, delay in the matter of insuring is fraught with much danger.

Now, while in health and strength. and before it becomes "too late," is the time for you to procure a policy from the

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God, and joint heirs with Christ.'

which awaits you. You may lose health and wealth, and place and power, you may be incapable of relishing earthly pleasures, but no one man may wrest from you, against your will, the interior delights of the heart. God, and joint heirs with Christ."

Let me offer you in couclusion a few practical suggestions. First of all, endeavor to establish the reign of joy and sunshine in your own heart. To accomplish this blessed result, three conditions are necessary. First, you must have a pure and upright conscience before God. Second, you must maintain an habitual spirit of benevolence toward your fellow man; for you cannot have Another feature of this alacrity of soul is that it is not reserved for a few or for a particular class of persons, but you all may participate in it, no matter

Again he says: "We rejoice not only in bope of the glory of the sons of God, but we glory also in the tribulations, knowing that tribulation worketh patience, and patience trial, and trial hope, and hope confoundeth not, for the chargity of God is poured forth in our hearts by the Holy Ghost, Who is given us."

Here is a golden stairway ascending, like Jacob's ladder, from earth to heaven. The first step, which is tribulation, rests on the earth, and the last step, which is hope, reached heaven. Let us, like the apostle, joyfully ascend this heavenly stairway. From tribulations, the second stairway is the second stairway ascending the second stairway as the second stairway a

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