

FIVE MINUTE SERMON

BY REV. WILLIAM DEMOUY, D. D. TWENTIETH SUNDAY AFTER PENTECOST

THE RESPONSIBILITY OF PARENTS

"So therefore, brethren, how you walk circumspectly, not as wise, but as wise, redeeming the time, because the days are evil." (Eph. 5:16)

The Gospels abound in warnings. Through life, from a spiritual standpoint, we must proceed as carefully and cautiously as from a physical standpoint, we would explore regions infested with wild beasts.

God could, absolutely speaking, free us from dangers; but His justice, since man disobeyed Him, demands that our salvation be more difficult.

This neglect of care and watchfulness is generally noticeable in people who are not strongly religious, or who frequently neglect their religion.

Parents especially need to listen to the warnings of the Gospels, as regards their children. It was said of old that Satan could not enter a child, but he has other and more powerful envoys now.

Do Catholic parents realize all these truths? If they do, are they, too, carried down stream by the rush of the modern current?

at least uselessness, accordingly. Money can bring a certain amount of happiness upon earth, even to him who is not rich; it can clothe him in beauty; it will allow him to bask in luxury.

Christians not only must watch, they must reason. They need to acquire an education in spiritual things. Parents must listen to God, and not be carried away by the custom of the day.

KEEP STRONG AND HEALTHY

It is impossible to feel active and energetic when the bowels are clogged from undigested food.

When this condition exists it gives rise to constipation, biliousness, sick headache, a muddy skin, blotches, pimples and other liver marks.

People suffering from these ailments can get speedy relief by taking one or two of Dr. Norvall's Stomach and Tonic Tablets at bedtime, and if necessary, one in the morning.

These Tablets not only act as a laxative, but they are also an excellent tonic.

They are sold throughout Canada at 25 cents per bottle, and if your dealer does not keep them in stock we will mail them to any part of Canada or Newfoundland for 25 cents a bottle or five bottles for one dollar.

Take no substitutes and insist upon getting Dr. Norvall's Stomach and Tonic Tablets.

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THE PATERNAL LOVE OF THE POPE

When our Holy Father, Pope Pius XI, was a young priest in Milan, he was distinguished by his active interest in the spiritual welfare of the children of that city.

Every Sunday and on almost every great feast day, Pope Pius XI receives in audience the boys and girls of Rome on the day on which they make their first Holy Communion.

On a recent occasion the crowd of children who flocked to see the Holy Father was so large that the audience had to be transferred to one of the cortilles. More than three thousand children made up this vast assembly.

In simple language, the Holy Father told them the story, old but ever new, of Our Lord's love for little children, of the love He expected from them in return, and of the high place He has prepared for them in the Kingdom of Heaven.

tendom. Holy Communion was given to us by our divine Lord, to be our daily Bread, the spiritual nourishment of our souls.

If parents wish to see their children growing up in the fear and love of God, to have them pointed out as models of good behavior to all about them they can follow no safer or surer course than the one outlined by the Holy Father—to see that their children make their First Communion early, that they go regularly and frequently to the Holy Table, and that by fervent reception of the Body and Blood of their Master, they progress step by step throughout their whole lives towards the glorious reward prepared for them in Heaven.

BRITISH MEDICAL ASSOCIATION CONDEMNNS CERTAIN FOODS

At the meeting of the British Medical Association at Bradford in July, 1924, the refining of flour and cereal foods was severely and unanimously condemned as a danger to civilization and as a cause of cancer, tuberculosis, goitre and other of the terrifying diseases of civilized peoples but from which savage peoples do not suffer at all.

Sir W. Arbuthnot Lane of London, one of the most noted surgeons in the world, has sent a letter to the London Daily Mail condemning these foods and advocating a return to old fashioned whole grain, home cooked cereals.

Dr. Jackson's Roman Meal is a combination of whole wheat, whole rye, flax and bran, proportioned to make a balanced human food. It is taking Britain by storm, aided by the doctors' propaganda. It is surely the very best cereal food sold and quite delicious in either porridge or baked products.

It is especially valuable as a food for children and for nursing and expectant mothers, because of its growth promoting properties. Prevents indigestion, positively relieves constipation. At grocers.

A NATIONAL ASSET

As the greatest transportation company in the world, the Canadian Pacific Railway has maintained a national service in the Trans-Canada Limited which is second to none and on the conclusion of the summer schedule of this crack train has transferred the equipment to the Vancouver Express which leaves Toronto every night 10:10 p. m.

Not only does the Vancouver Express carry tourists and standard sleepers, but it also carries a compartment-observation car complete in itself, while a parlor is added from Revelstoke to Vancouver.

Added to this national service is a feature service from Toronto to Montreal via the Lake Shore Line, which has been entirely rebalanced with crushed rock and relaid with 100 pound rails, insuring a maximum of comfort for travellers at night as well as an absence of dust in daytime.

Canadian Pacific agents will gladly make your reservations and supply you with any information you require. They are fully qualified to offer a "second to none" service to the public.

BROTHERS' SCHOOLS WIN MOST PRIZES

Irish Catholic secondary schools have fared remarkably well in the annual examinations. Among the leaders are the schools conducted by the Christian Brothers. In Dublin most of the university scholarships awarded were won by pupils of the Christian Brothers. Of the sixteen scholarships of \$900 each offered by the city of Dublin, twelve were awarded to students taught by the Christian Brothers.

The choir of the principal Christian Brothers' school in Dublin secured 385 marks out of a possible 400. It is noteworthy that so far as primary education is concerned, the Christian Brothers in the twenty-six counties of Southern Ireland do not receive any State aid. All other primary schools are maintained out of funds contributed by the taxpayers.

In the altered conditions now prevailing, people are wondering why Christian Brothers are still denied State aid for their primary schools.

HUNTING MOOSE AND DEER

For many years hunters from Ontario have realized that the very best hunting grounds are located in the vicinity of the Canadian Pacific Railway. Hunting clubs, as well as small parties, appreciate the necessity of arrangements made in advance.

Ask any Canadian Pacific agent for a copy of the Hunters' Pamphlet or write W. Fulton, District Passenger Agent, C. P. R. Building Toronto.

Europe! HOLY YEAR IN ROME 1925. Travel by the Canadian Pacific short sea route! Direct sailings to France, Great Britain and Ireland. Make reservations early. Further information from Local Steamship Agents J. E. PARKER Gen. Agt. C.P.R. Bldg. Toronto Pass. Dept.

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