

says it is not; are both true? This is an impossibility, my friends; all cannot be true. Who then is true? He who has the true meaning of the Bible...

THE CATHOLIC CHURCH SAYS the Bible is the book of God, and that God has appointed an authority to give us the true meaning. It is with the Bible as it is with the constitution of the United States.

And there is a great deal more need of taming our own bodies than there is of breaking horses. For the horse can only kill our body, but our bodies can kill our souls; and, furthermore, if we do not want to take the trouble of breaking a horse, we can shoot him, or get somebody else to take him; but we cannot in any way lawfully get rid of our bodies till such time as God sees fit to take them from us.

That is the Catholic and true doctrine, as taught by the Church, and put into practice, in some degree at least, by all the faithful who obey her laws. And it is also common sense. Every one must admit that the body is the great cause and source of mortal sin to far the greater number of people, and that if its appetites were thoroughly brought under control our souls would be saved from very great dangers, which otherwise they cannot escape.

But I know, my dear brethren, that you do not think that the mortification of the body required by the Church is useless or superstitious; I give you too much credit for faith as well as for reason to imagine that. You do need courage, though—we all need it—to act up to what we believe in this matter. Let us then look this question fairly in the face. There is heaven before us to be gained, and sin to be overcome that we may gain it; and here are our bodies, with their depraved, corrupted, often dangerous and sinful desires, standing in the way of our gaining it. If we will only determine in earnest to get the mastery of them, heaven is almost sure; if we do not, they will be very likely to carry us to hell. If we overcome them, we save ourselves and them, and make them a help instead of a hindrance to us; if not, they will do their best to drag us down with themselves to destruction, and if in the mercy of God we may indeed be saved it will be as by fire. Shall we not take a little trouble when such tremendous interests are at stake? Shall we trust to luck when a little effort will make heaven sure?

The Guest.

In a certain orphan asylum the words of the grace said before meals were: "Lord, Jesus, come and be our guest at this time." A little German boy took those words literally; and one very stormy night, as the children were all sitting down to supper, he asked the Sister who presided at the table: "Sister, Our Lord never comes, and yet we keep on asking Him. Will He ever come?" "Oh, yes!" answered the Sister. "He will surely come."

A lady writes the simple truth as follows: "I have been a great sufferer from neuralgia for the last nine years, but being advised to try St. Jacobs Oil, I can now heartily endorse it as being a most excellent remedy for this complaint, as I have been greatly benefited by its use." MRS. JOHN McLEAN.

FIVE-MINUTE SERMONS.

Septuagesima Sunday.

BODILY MORTIFICATION. "I chastise my body," says St. Paul in the Epistle of to-day, "and bring it into subjection." In these few words he gives us the great reason for the Catholic doctrine and practice of bodily mortification and penance, which Protestants so often find fault with.

"I chastise my body," he says, "and bring it into subjection;" that is, "I chastise it, because I want to bring it into subjection. I want to tame it, to become its master; so I give it a good beating, I starve it now and then, and treat it badly generally, that it may learn to obey me."

That is the great idea of mortification, my brethren, in a nutshell. Every one knows that if you want to break a vicious horse you have to put him through a pretty severe course of treatment before he will be subject to your will. And every one knows that the body is naturally unruly, like a vicious horse; the body is always craving for things which it would be better that it should not have, and it will have them in spite of us if we do not take care. So, to subject it thoroughly to reason, we must put it through a severe course; or otherwise, some time or other, it will get the better of us, and have its own way.

And there is a great deal more need of taming our own bodies than there is of breaking horses. For the horse can only kill our body, but our bodies can kill our souls; and, furthermore, if we do not want to take the trouble of breaking a horse, we can shoot him, or get somebody else to take him; but we cannot in any way lawfully get rid of our bodies till such time as God sees fit to take them from us. We are tied fast to them, and cannot get away. So we are absolutely obliged to conquer them, if we do not want to be conquered by them. In other words, if we do not want our bodies to be a frequent cause and occasion of mortal sin to us, we must to some considerable extent practice mortification.

That is the Catholic and true doctrine, as taught by the Church, and put into practice, in some degree at least, by all the faithful who obey her laws. And it is also common sense. Every one must admit that the body is the great cause and source of mortal sin to far the greater number of people, and that if its appetites were thoroughly brought under control our souls would be saved from very great dangers, which otherwise they cannot escape. If, then, it is any object to escape these dangers—and no sensible man can deny that it is—one does not need to be a Christian, but only to have the gift of reason, and to look a little into himself and into the world about him, and he must grant that the bodily penances and mortifications which the Church insists on are not foolish or superstitious, but in the highest degree prudent and wise.

Monthly Prizes for Boys and Girls.

"Sunlight" Soap Co., Toronto, offer the following prizes every month till further notice, to boys and girls under 16, residing in the Province of Ontario, who send the greatest number of "Sunlight" wrappers: 1st, \$10; 2nd, \$5; 3rd, \$3; 4th, \$1; 5th to 10th, a Handmade Book, a pretty picture to those who send not less than 12 wrappers. Send wrappers to "Sunlight" Soap Office, 360 St. George Street, Toronto, each month, and marked "Competition"; also give full name, address, age, and number of wrappers. Winners' names will be published in The Toronto Mail on first Saturday in each month.

A Crying Evil.

Every crying evil should be promptly removed. Sick headache is a crying evil affecting thousands of Canadians, which can easily be removed by the use of Burdock Blood Bitters, the best known stomach, liver and bowel regulator and cure for sick headache from whatever cause arising.

Mr. W. Thayer, Wright, P. Q., had Dyspepsia for 20 years. Tried many remedies and doctors, but got no relief. His appetite failed, and a distressing pain in his side and stomach, and gradual wasting away of flesh, when he heard of, and immediately commenced taking, Northrop and Lyman's Vegetable Discovery, and began taking it according to directions, when I soon found the headache leaving me, and I am now completely cured.

A Wonderful Change. For twenty years I suffered from rheumatism, dyspepsia, poor appetite, etc., and received no benefit from the many medicines I tried, but after taking five bottles of B. B. I. I can eat heartily of any food, and am strong and smart. It is a grand medicine and has made a wonderful change in my health. Mrs. W. H. Lee, Harley, Ont.

OUR BOYS AND GIRLS.

Waking Grandma With a Kiss. A lady says: "I once asked a little boy, 'Have you called your grandma to tea?' 'Yes. When I went to call her she was asleep, and I didn't know how to wake her. I didn't wish to bother at grandma nor to shake her; so I kissed her cheek, and that woke her very softly. Then I ran into the hall and said pretty loud 'Grandma, tea is ready.' And she never knew what woke her."

Learn to Smile. Is not that a funny thing to tell you? But if you know how happy it makes those around you to see a smile on your face, you would never frown. Nothing on earth can smile but the face of man. Gems may flash reflected light, but what is a diamond-flash compared with an eye-flash? Flowers cannot smile. This is a charm which even they cannot claim. Birds cannot smile, nor can any living thing. It is the prerogative of man. It is the light in the window of the face by which the heart signifies to father, mother, sister, brother and friend that it is at home and waiting. A face that does not smile is like a bud that never blossoms.

The Camel and the Miller. Did you ever hear the fable of the camel and the miller? One night a miller was waked by his camel trying to get his nose into the tent. "It's very cold out here," said the camel. "I only want to put my nose in." The miller made no objection. After a while the camel asked leave to have his neck in, then his feet; and so, little by little he crowded in his whole body. This, as you may well think, was very disagreeable to the miller, and he bitterly complained to the forth-putting beast. "If you don't like it, you may go," answered the camel. "As for me, I've got possession, and I shall stay. You can't get rid of me now."

Do you know what the camel is like? Bad habits; little sins. Guard against the first approaches, the most plausible excuses, only the nose of sin. If you do not, you are in danger. It will surely edge itself slowly in, and you are overpowered before you know it. Be on your guard. Watch.

Saved by the Angelus.

In Spain, as is well known, at the first sound of the bell, morning, noon, and night, everybody kneeling down and recites the Angelus. A great number of examples show that this pious practice, in honor of the mystery of the Incarnation, is as salutary to the faithful as it is agreeable to our Divine Saviour and His Blessed Mother. During the Carlist war, General Lavaila, who was so devoted to Don Carlos, was made a prisoner, brought before a council of war, and condemned to be shot. He had already received Holy Communion, and a battalion of soldiers had conducted him to the place of execution. Everything was ready. A minute more and all would be over. At this moment the sound of the Angelus was heard. The General instinctively fell on his knees; the soldiers and their chief did the same, and all devoutly recited the Angelus. The prayer was not yet finished, when a courier was seen galloping up with a little white flag. He was a messenger sent by the king to announce the pardon of the prisoner. His life had been saved by the recital of the Angelus.

Knowing How.

A certain man in a large city owned some valuable machinery used for the manufacturing of a useful article. One day the engines or pumps refused to work, and though all the men connected with the house tried their skill examining every intricate part, the works still refused to go. In despair the owner sent to another town for a machinist, who came, looked the works over, thumped once or twice on some part with a hammer, and said, "Now she's all right," and it was.

When his bill was sent in it was twenty-five dollars and fifty cents, a most exorbitant price the owner of the works thought until he read the items—fifty cents for fixing pump, twenty-five dollars for "knowing how." The bill was paid without a word.

The doctor sets a broken bone. It is not the work of a few minutes, or half hour we pay for, but the knowing how, and the better one knows how to do his work, the more thorough and perfect his knowledge of every simple and intricate part, the better price he obtains, for the more money he commands, "for the knowing how" so well.

A lack of doing some small thing, ignorance of a minute part connected with one's work often makes us fail, even when we have a good idea of the whole.

It is not what its proprietors say, but what Hood's Sarsaparilla does, that makes it sell, and wins the confidence of the people. Minard's Liniment is the Hair Restorer.

GOOD THOUGHTS.

Visions, visits and favors from heaven are only for the humble.—St. Teresa.

God only holds back His gifts for a while, in order to bestow them in yet fuller measure. In order that a correction may be administered with fruit, authority must be in the one giving it, and love in the one receiving it.—St. Ignatius.

Chastity makes a man approach God with respectful familiarity, and causes God to draw near to man with admirable condescension.—St. Anselm.

Fear not and do not lose the hope of acquiring perfection, even though you have not arrived at contemplation; for Martha was holy, though she was not a contemplative; and if you resemble her that is sufficient.—St. Teresa.

They who are not of the unity of the Church do not believe in the intercession of Mary; because they have never made trial of it. But the whole Church is pervaded by a consciousness of her love and power now, as it was in the beginning.—Cardinal Manning.

Phillip, King of Macedon, was commended as a jolly, good fellow, who could drink freely. Demosthenes answered that this was a good quality in a sponge, but not in a king.

To know others is the only way to know ourselves. To find other men and women better and nobler than we, will teach us humility; to find them poorer in worldly goods, harder-natured, more encompassed with difficulties and perplexities, will teach us pitifulness, toleration and forbearance.

Endeavor to always be patient of the faults and imperfections of others, for thou hast many faults and imperfections of thine own that require a reciprocation of forbearance. If thou art not able to make thyself that which thou wishest to be, how must thou expect to mould another in conformity to thy will?—Thomas A Kempis.

Many persons criticize in order not to seem ignorant; they do not know that indulgence is a mark of the highest culture. It is the little learning, the narrow culture, that is carping and censorious, and mistakes fault-finding for criticism. The highest and most liberal culture is generous and believing.

Some day it must all be finished. When it is finished what will it be—success or failure, faith or despair; a talent multiplied or buried deep beneath the dust and dross of earthly follies; reward or punishment; hell or heaven? Senator E. D. White, of Louisiana, who succeeds Mr. Eastis in the upper House of Congress, is a devout Catholic. He is a man of commanding presence, robust talent, and an eloquent and profound orator. With an ample private fortune, skilled in the law and statecraft, and a perfect deportment, he becomes a Christian gentleman, there is every reason to expect from him a most creditable career in the Senate. He will honor the State from which he comes.

The room in which a number of friends pass the evening smoking either cigars or inferior tobacco will have an unpleasant odor next morning. Let the same friends smoke only the "Myrtle Navy" and they will find quite a difference in the room next morning. It is reasonably ventilated, as with a first-class instance, no unpleasantness whatever will be found. The purity and fine quality of the leaf used is the reason of this. Greatly Benefited.

DEAR SIR:—I have been using B. B. B. for cancer of the throat during the last two years and four months, both externally and internally, and have been greatly benefited. Have had cancer over seven years, and no medicine ever did me as much good as B. B. B. I feel sure that sufferers from cancer can obtain relief or even cure from B. B. B., and will be pleased to answer my questions as to the use and benefit received from this remedy.

The Blood is the Life.

Good health without pure blood is simply impossible, and to secure pure blood is therefore absolutely necessary, especially in spring when bad blood is very prevalent. Burdock Blood Bitters is the remedy, without an equal in the world of medicine. It drives out all poisonous humors of the blood from a common people to the worst scrofulous sore.

Henry Clement, Almonte, writes: "For a long time I was troubled with chronic rheumatism, at times wholly disabled. I tried many things and everything recommended, but failed to get any benefit, until a gentleman who was cured of rheumatism by Dr. Thomas' Electric Oil, told me about it. I began using it both internally and externally, and before two bottles was used I was radically cured. We find it a household medicine, and for cramp, bruises, cuts and bruises, it has no equal."

Rachel Lockman, Buffalo, N. Y., says she has been using Dr. Thomas' Electric Oil for rheumatism; she had such a lame back she could not do anything, but one bottle has, to use her own expression, "cured her up." Her corns cure intolerable pain. Holloway's Corn Cure removes the trouble. Try it and see what an amount of pain is saved. Harassing headaches make many lives miserable, needlessly so, when a trumpet cure like Burdock Blood Bitters is obtainable.

DR. LOW'S STILPHUR SOAP is a delightful hair shampoo. It cleanses the scalp and darkens grey hair.

PALE, WEAK WOMEN need a tonic, to strengthen giving, flesh building medicine like Milburn's Beef, Iron and Wine.

SMALL SUGAR COATED Burdock Pills do not gripe or sicken. They are mild and effectual.

The SURPRISE Way. READ the directions on the wrapper. 1st. Commence by dipping one of the articles to be washed in a tub of luke-warm water. Draw it out and rub on the "SURPRISE" lightly, not missing any soiled pieces. Then roll in a tight roll, put back in the tub under the water and let it stay there half an hour. Do all the wash this way. 2d. After soaking for this time, rub lightly on the wash-board; the dirt will drop out. 3d. Then wash lightly through a luke-warm rinse water, which will take out the suds. 4th. Next rinse through a blue water. (Use scarcely any bluing. SURPRISE takes the place of bluing.) Wring them; hang up to dry without boiling or scalding or any more rubbing. The wash will come out sweet, clean, white.

ECONOMY. EQUITY. STABILITY. PROGRESS. THE ONTARIO MUTUAL LIFE ESTABLISHED 1870. DOMINION DEPOSIT, - \$100,000. Assurances in force, January 1st, 1892.....\$14,934,807 Increase over previous year.....1,224,007 New Assurances written in 1891.....2,694,950 Increase over 1890.....346,800 Cash Income for 1891.....547,620 Increase over 1890.....57,762 Cash paid to Policy holders in 1891.....211,607 Increase over 1890.....35,456 Assets, December 31st, 1891.....1,959,031 Increase over 1890.....247,345 Reserve for security of Policy-holders, Dec. 31, 1891.....1,780,775 Increase over 1890.....221,816 Surplus over all Liabilities, December 31st, 1891.....155,559 Increase over 1890.....21,493 LIBERAL CONDITIONS OF POLICIES. 1—Cash and Paid-up Values guaranteed on each policy. 2—All dividends belong to and are paid only to policy-holders. 3—Premiums payable during the month in which they fall due. 4—Policies are incontestable two years from date of issue. 5—No restriction on travel, residence or occupation. 6—Lapsed policies may be revived within six months after lapse. 7—Death claims paid at once on completion of claim papers. BOARD OF DIRECTORS. J. E. BOWMAN, M. P., President, Waterloo. FRANCIS C. BRUCE, Hamilton. C. M. TAYLOR, 1st Vice-Pres., Waterloo. JOHN MARSHALL, London. ROBERT MELVIN, 2nd Vice-Pres., Guelph. J. KERR FISKEN, Toronto. ROBERT BAIRD, Kincardine. E. P. CLEMENT, Berlin. ALFRED HOSKINS, Q. C., Toronto. HON. W. LAURIER, Arthabaskaville, Que. B. M. BRITTON, Q. C., Kingston. S. HENDERSON, B.A., LL.B., B.C.L., Ottawa. ALEX. MILLAR, Q. C., Solicitor, Berlin. J. H. WEBB, M. D., Medical Referee, Waterloo. W. S. HODGINS, Superintendent of Agencies, Waterloo. W. H. RIDDELL, Secretary. WILLIAM HENDRY, Manager.

THE PROVINCE OF QUEBEC LOTTERY AUTHORIZED BY THE LEGISLATURE. Next Bi-Monthly Drawings in 1892—Jan. 7th and 20th and Feb. 3rd and 17th. LIST OF PRIZES. 3134 PRIZES WORTH - \$52,740.00. CAPITAL PRIZE WORTH - \$15,000.00. TICKET, - \$1.00. 11 TICKETS FOR \$10.00. 3134 Prizes worth \$52,740.00. S. E. LEFEBVRE, MANAGER, 81 ST. JAMES ST., MONTREAL, CANADA. ASK FOR CIRCULARS.

JOHNSTON'S FLUID BEEF. Supplies all the elements of PRIME BEEF needed to form "Flesh," "Muscle" and "Bone." HEALTH FOR ALL.

HOLLOWAY'S PILLS & OINTMENT. THE PILLS Purify the Blood, correct all Disorders of the LIVER, STOMACH, KIDNEYS AND BOWELS. They invigorate and restore to health Debilitated Constitutions, and are invaluable in all Complaints incidental to Females of all Ages. For Children and the aged they are priceless. THE OINTMENT Is an infallible remedy for Bad Legs, Bad Breasts, Old Wounds, Erysipelas and Ulcers. It is famous for Great and Esculentum. For disorders of the Chest, it has no equal. FOR SORE THROATS, BRONCHITIS, COUGHS, Colds, Glandular Swellings and all Skin Disorders has no equal, and still retains its efficacy in a charm. Manufactured only at Professor HOLLOWAY'S Establishment, 75 NEW OXFORD ST. (LATE 533 OXFORD ST.), LONDON. And are sold in Ld., 2s. 6d., 4s. 6d., 11s., 22s., and 36s. each Box or Pot, and may be had of all Medicine Vendors, throughout the world. Purchasers should look to the Label on the Pots and Boxes. If the address is not Oxford Street, London, they are spurious.

A LITTLE GIRL'S DANGER. Mr. Henry Macombe, Leyland St., Blackburn, London, Eng., states that his little girl fell and struck her knee against a curbstone. The knee began to swell, became very painful and terminated in what doctors call "white swelling." She was treated by the best medical men, but grew worse. Finally ST. JACOBS OIL was used. The contents of one bottle completely reduced the swelling, killed the pain and cured her. "ALL RIGHT! ST. JACOBS OIL DID IT."