SIX

FIVE MINUTE SERMON

BY REV. N. M. REDMOND SECOND SUNDAY AFTER THE EPIPHANY

WHAT CHRIST REQUESTS US TO DO-

"His Mother saith to the waiters : Whatsoever He shall say to you, do ye." (John xi. 5.) Long ago have we been made

aware of what Our Lord wants us to The one short phrase, " Seek first the kingdom of God," expresses our entire duty. If we do it, we will enjoy the superabundance of His favors at the eternal nuptials above. But we cannot deny the fact that there are many too lazy, and many too busy, to do what He requests in this short phrase. Large, indeed, is the number of those who express an abhorrence of all vice, and yet either from sloth or over-solicitude in the affairs of this life, are very far from obeying this precept of Our Divine Lord. He is the great Master whose right to command no Christian questions; we are His servants whose duty to obey no Christian denies. may The command of the Master has gone forth. Can those servants with any show of reason, who spend the greater part of their time in regular rounds of amusements and pleasures, though not vicious, yet irrele vant to the import of the precept, claim they are good and faithful servants? Can a servant be said to do his duty, when he spends almost his whole time in attending to others. matters which in no way pertain to his duty? The answer to these questions is in the mind of every one of you. It would be to mock God to tell Him that we offer Him lives that are idle and unprofitable. It would be to tempt God, to tell Him that it is for His sake we spend the greatest part of our time in passing from one source of amuse to another. Oh, the impiety of the man that would say to God : It is for love of you that I study to gratify my inclinations and humor ! What Christian would have the audacity. to say to God that he had led a life of ease, idleness, and pleasure in compliance with His divine will? How many Christians there are who lead such lives ! They delusively expect to be at the eternal nuptials above, and enjoy all the favors of our Lord, though they are too lazy to comply with His request. They are deplorably deceiving themselves. May God grant that they realize this before it will be too late.

It is unnecessary to remark, that no legitimate business is inconsistent with the duty pointed out in the short precept of Our Lord. Of their own nature temporal employments are not opposed to the duty prescribed in the precept. But whilst in themselves they are no hindrance, they are often rendered such. Christians there are who allow the concerns of this life to so engross them, that God and matters of their soul's salvation are almost entirely shut out from their thoughts. They thus flagrantly mismanage the affairs of their lives. Altogether taken up with material matters, they leave their souls starving for nourishment that should come to them from prayer, and the sacraments. Their bodies are fed when hungry, are cared for when sick, but their souls may starve, and be with out remedy in sickness. Their busi ness, let it be ever so important, prevents them not from nourishing their bodies, and from procuring them a remedy when sick. So would they act with regard to their souls if

were but faithful servants to

their God. If they were honest serv-

they

Lord, and then will they experience the effects of the heavenly wine **Divine Redeemer**? which He reserves for His true followers even in this life - the rich flavor of this, of the present life, will make them thirst for that of the future in the mansions of bliss.

TEMPERANCE

SERVING MARY BY TEMPERANCE

talk, must have been specially shocked. Your Sodality is of a Love is the only coin of Christ's nature to make you fulfil your duty Kingdom and all else is counterfeit. By it alone is all the law fulfilled and by it alone are the favors of His of reparation to your outraged Lord For that reason we would wish that the faithful of Rome give in their Kingdom obtained. Many a Christian wonders that his prayers are names in great numbers to this holy league, and that they vie in noble not more profitable, who has not yet rivalry among themselves in offerlearned to pray aright. Building ing to Jesus prayers and pious shrines and making votive offerings may help to make Mary loved of eiaculations. other acts of devotion in reparation men but not always. Such things for the outrages which blasphemous may be senseless monuments to vantongues, or pens dipped in the poison ity, rather than magnets for human of a lurid sect, have done to his Divine Majesty."—Sacred Heart hearts. The wayward son who mis takes a natural tenderness for his Review. mother for a genuine love for her give her houses and auto mobiles, and everything that he is THE HUMANITY OF willing to give away. But that mother wants his heart and the love that only a clean heart can give She may accept the tokens of his

on his benefactor.

"But you, of all others, who are

mortifications

OUR LORD

our development, büt it

development of a perfect nature

limited by time. Such a nature will

always be potentially that which it

development of it is successive-

test with it. But there is

and

the

The Missionary tender thought of her, but she hun It was St. Gregory Nazianzen who gers for that gift which alone can fill up her heart's desire. So it were better that, instead of shrines to marvelous personality, "He was oppressed with hunger; but He feeds Mary and costly gifts, we give thousands in the desert, and He our love and win for her the love of is the living and celestial Bread. He was parched with thirst, but He He who protects the Blessed cried aloud, if any one thirst, let him

Mother from a single blasphemy come unto Me and drink, and He uttered against the Divine Son ; or promised to be a fountain unto be wards off some threatening sin ; or lievers. He was weary, but He was renders any service that love dic. the rest of those who are weary and heavy laden. He was weighed down tates, will do more than he can hope to do who enriches her shrines with with sleep, but He walked lightly on the wave, and He rebuked the winds, gifts. Better far to get a costly drunkard to become sober, or to and He bore up Peter from save a boy from a drunkard's fate, rolling billows. . . If the things which evince His humanity have rolling billows. than to offer many novenas made for selfish ends. Not that shrines afforded thee a pretext for error, let are of small value, or novenas of little effect, for by them are largely Divinity remove thy mistake.' fulfilled that great prophecy of Mary, Behold from henceforth all nations shall call me3 blessed." But they must be inspired by love and must not fail in an intelligent apprecia tion of that ultimate purpose of all religious symbols-the salvation of souls.

Every pledge of total abstinence will gladden our mother by the greater assurance of safety for one more of her children. The estabishment of a temperance society will bless those who ward off from her the cruel sting with which drunkenness in her children wounds her. Build up the Kingdom of her Divine Son and her maternal blessing will be upon the builders. Temperance is one of the four cornerstones of that Kingdom. Make men sober and you will make glad the heart of Mary. Let us then sing the praises of Mary with love and joy Let us breathe in devotion to her with every breath of spring ! Her month is the month of the earth's awakening! Let us be glad in these days! Let us gladden our Blessed Mother by gifts of love and thoughtful service.-Catholic Temperance Advocate.

TRUE NOW

Cardinal Manning, the great Engabove the earth-it is all it can be lish total abstinence advocate of his time, said of the drink evil: "For creature adorned with leaves and Church, and that they differ radically thirty-five years I have been a priest branches, and it is all it can be then; and Bishop in London, and now I it reaches its full perfection when approach my eightieth year, and have the blossom breaks into flower. But Catholicity on the claim of a common earned some lessons, and the first is it has been as perfect as it can be at Apostolic descent the possession of this: The chief bar to the working every stage of its existence; it has valid orders and a lawful ministry. of the Holy Spirit of God in the souls | had no struggle, no retrogression, it | of men and women is intoxicating drink. I know of no antagonist to and natural way to each successive the matter of the Church's decisions step of its life, exactly and fully that in this regard, but let it be noted the Spirit more direct, more subtle, more stealthy, more ubiquitous, than which a plant should be. intoxicating drink. Though I have Such known men and women destroyed for all manner, of reasons, yet I know of no cause that affects man, woman, the child and home with such universality of steady power as intoxicating drink." And were this good Cardinal alive to-day he would be forced to admit that the same conditions, life. the same grace destroying enemy is in our midst. As in his day, so today, the laborers in the field of total progress. abstinence are few, very few, and the harvest of rotting grain 1s so plenti-Review ful. We can only pray the Lord of the field to send into the minds and the hearts of those who should be rightly disposed, the generous impulse to labor.-Catholic Temperance Advocate.

THE CATHOLIC RECORD

launched last month against our promised Messiah. Zeal for the salation of souls was the characteristic "All Christians must have felt outfeature of His public life, but He raged by them, because a person who was always natural, always human. loves, takes as done to himself the His illustrations were natural, so injury done to a friend, and he who were His actions. not ungrateful is afflicted when

To impress upon His hearers the insult instead of homage is heaped all-pervading Providence of God, He told them that the insignificant little sparrows were under the watchful enrolled in a league against blasphemy, cursing and unclean care of Our Heavenly Father.

To warn them against undue anxiety about the things of this world, He mentioned the filies of the field, which neither sow nor spin, yet Sol-omon in all his splendor was not clothed in beauty that could compare with their beauty.

To bring home to their hearts God's infinite mercy towards His erring children. He spoke the beautiful and consoling parable of the Good Shepherd.

In a word, He knocked at the gate of every avenue that leads to the human heart. He washuman, tenderly human, in His actions. The tears of a heart broken mother moved Him to restore her only son. The sobbing sinner found mercy at His feet. He loved His country, He loved His friend. He wept over Jerusalem. He wept over Lazarus. In His agony He was human ; He yearned for sympathy but His Apostles slept.

Too well I feel the picture I have said of Our Lord, speaking of His drawn is very inadequate, but my aim marvelous personality, "He was is to draw attention to the most interesting and fascinating biography ever written namely, the Life of Christ, written, it is true, by men but under the inspiration of the Holy Spirit. Take and read, for to know Christ is to love Him.

CATHOLICITY

THE CHURCH'S MOST NOTABLE POSSESSION

To be Catholic means several things and all the meanings must be present in a Church which claims the circumstances which attest His this among its characteristics. To the member of the Catholic Church The humanity of Our Lord was a this word is the most descriptive title of his Church, and, while he perfect humanity, and it was a symmetrical and rational development recognizes it to possess the right to be called also One, Holy and Aposthat gave the world that perfect and adorable Saviour whose character tolic, in speaking familiarly he calls it the "Catholic Church." Catholicand work must ever be the amazed object of study on the part of the then may be said to be the note wisest of philosophers. We, being defective in nature, are developed which in the minds of the people is most important. In its primary signot only in truth but also in error but not so with Our Blessed Lord. nificance of course, it means that the Chürch is found everywhere-He was ever growing, and yet was ever complete. There are two conceivthatit is "universal." "Their sound is gone out into all lands " must be able kinds of development ; one, de characteristic of any Catholic preach. velopment through antagonism, ing of the gospel. Then it means through error, from stage to stage of less and less deficiency. This also that it holds everywhere the same doctrine, sends up to heaven is one Sacrifice, offers one Service and such because evil has gained a lodgfollows one practice. ment in our nature, and we can attain perfection only through con-

All the above would scarcely seem necessary even to state were it not that there are those who profess to be kind of development conceivable, the Catholics who are yet separated from the unity of Catholic life, and I have stated these things in order to examine their claim to Catholicity on will become ; i. e, everything which it will be is already there, but the these bases. The Anglican speaks of the 'three branches" of the Catholic Church, meaning thereby according to time, perfect at each the several stage, but each stage more Church in communion with the See finished than the last. The plant is of Rome, the separated Eastern of Rome, the separated Eastern Churches, and his own. These, he perfect while merely the green shoot claims, are all Catholic-indeed that Church, and that they differ radically from the modern Protestant sects He bases his assertions as to their

It would take too much space and

that these decisions do not say that there are no validly ordained priests



medicine made from fruit juices - has relieved more cases of Stomach, Liver, Blood, Kidney and Skin Troubles than any other medicine. In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuralgia, Chronic Headaches, Chronic Constipation and Indigestion, "Fruita-tives" has given unusually effective results. By its cleansing, healing powers on the eliminating organs, "Fruit-a-tives" tones up and invigorates the whole system.

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Missionary effort is almost wholly wanting among them, and they are even less Catholic in extent than Anglicanism. They do present one fairly well-defined set of doctrines and have retained their offering of the Mass as the great act of Christian worship, but this is because they are an embalmed copy of the tenth century Church, rigid in their conform. ity to things as they then were helpless to define anything beyond the decrees of the first seven general councils.

The Anglican claim falls to pieces sons for this practice and these opin completely if we apply the doctrinal or practical test, for although they interesting to everyone. may sing,

"We are not divided, All one body we, One in hope and doctrine, One in charity,"

they are nothing of the sort; and, even when the writer accepted their position, he used to be painfully aware of the fact. That hymn sung by a congregation of persons in per-fectly good ecclesiastical standing who hold everything from straight out Unitarianism to the beliefs of the Catholic Church in almost every particular, can hardly be called "one in doctrine nor even in "hope," for one desires his Church to be completely Protestant, while the other hopes for the extinction of every Protestant element in it. I will forbear to comment on the amount of unity in "charity" which exists between High and Broad Church for example. And practice is not less confused than doctrine. The differences between different parishes of the Episcopal You see, this waste is extremely poi-Church is notorious and causes many of the most bitter trials of the clergy. For many years I fought it out, always offending some members of my congregation who objected to things as they were. "This must be very High Church; I never saw it was the frequent comlike this," plaint both of parishioners and visi-tors where I officiated. Twelve years of this sort of thing showed me plainly that there is no one form of serv-

e which is acceptable to them all. we are Auto-Intoxicated. Catholicity presupposes unity, and I have already tried to show how the Anglican Church failed me in that. proper kind of an Internal Baththat is sure. Since she is not one, she cannot be Catholic, though this does not in any way deny the existence of many truly Catholic souls within her, nor does it deny their real belief in her Catho-It is simply a mistake which licity.



The Wonderful Mission of the Internal Bath

Do you know that over three hun- | ity resulting from such poisoning is dred thousand Canadians and Amer- favorable , to the development of cancer and tuberculosis. icans are at the present time seek-

JANUARY 18 1917

ing freedom from small, as well as At the Guy's Hospital Sir William serious, ailments, by the practice of Internal Bathing ? Do you know that hosts of enlight-Arbuthnot Lane decided on the heroic plan of removing the diseased A child who appeared in the organ. ened physicians all over the country, final stage of what was believed to be an incurable form of tubercular as well as osteopaths, physical cul turists, etc., etc., are recommending joint disease, was operated on. The and recognizing this practice as the lower intestine, with the exception to of nine inches, was removed, and the

secure and preserve perfect health ? portion left was joined to the smaller There are the best of logical reaintestine. "The result was astonishing. In ions, and these reasons will be very a week's time the internal organs resumed all their normal functions, In the first place, every physician and in a few weeks the patient was

realizes and agrees that 95 per cent. of human illnesses is caused directly apparently in perfect health. You undoubtedly know, from your or indirectly by accumulated waste own personal experience, how dull in the colon : this is bound to accumand unfit to work or think properly, ulate, because we of to day neither biliousness and many other appareat the kind of food nor take the ently simple troubles make you feel amount of exercise which Nature demands in order that she may thor-And you probably know, too, that these irregularities, all directly traceable to accumulated waste, oughly eliminate the waste unaided That's the reason when you are ill make you really sick if permitted to the physician always gives you some continue. thing to remove this accumulation

You also probably know that the old fashioned method of drugging for these complaints, is at best only It's ten to one that no specific trouble would have developed if partially effective ; the doses must be increased if continued, and finally they cease to be effective at all.

there were no accumulation of waste It is true that more drugs are probably used for this than all other And that's the reason that the famous Professor Metchnikoff, one human ills combined, which simply of the world's greatest scientists, has goes to prove how universal the boldly and specifically stated that if trouble caused by accumulated waste our colons were taken away in indoubt that drugs are being dropped fancy, the length of our lives would be increased to probably 150 years. as Internal Bathing is becoming known-

For it is not possible to conceive, flows through the walls of the colon, it until you have had the experience yourself, what a wonderful bracer an absorbs the poisons and carries them through the circulation—that's what causes Auto-Intoxication, with all its night, you awake in the morning pernicious enervating and weaken- with a feeling of lightness and buoy-These pull down our ancy that cannot be described - you powers of resistance and render ussub- are absolutely clean, everything is ject to almost any serious complaint working in perfect accord, your which may be prevalent at the time. appetite is better, your brain is And the worst feature of it is that clearer, and you feel full of vim and there are few of us who know when confidence for the day's duties.

There is nothing new about Inter But you never can be Auto-Intoxi- nal Baths except the way of adminiscated if you periodically use the tering them. Some years ago Dr. Chas. A. Tyrrell, of New York, was so miraculously benefited by faith. It is Nature's own relief and cor- fully using the method, then in rector-just warm water which used vogue, that he made Internal Baths in the right way, cleanses the colon his special study and improved thoroughly its entire length and materially in administering the Bath makes and keeps it sweet, clean, and and in getting the result desired.

By C. G. Percival, M. D.

most likely way now known

of waste before commencing to treat your specific trouble.

and as the blood

in the colon-

ing results.

ants, neither their spiritual nor temporal duty would be peglected. servants of God, they are held to both. They do not their duty if they neglect either. The temporal part of their duty is sanctified and means to their salvation, when they attend to it, without neglect of their spiritual, as a part of the duty which, as servants, they owe to God. Oh, what folly, men Christian men, are guilty of who mismanage the affairs of their lives either by being too slothful, or too busy to attend to the whole duty marked out for them by their divine Master! For what have we life? Is it not to love God in first seeking the kingdom of heaven ? All which may not naturally tend to this. should be made do so, by our intention. This is the "one thing necesto which all others must be sarv." subordinate. If in eternity we will be consigned to misery and want, what will it avail us to have abounded in wealth in this short life ? When in eternal torments, of what avail will it be to us to have enjoyed all the pleasures of this world? "What will it avail us, if we gain the whole world, and lose our own souls ?

It is clear, dear people, that if we wish to have a place at the eternal nuptials above, and enjoy the heavenly wine of divine love eternally, we must hearken to our Lord's voice when He tells us, " to seek first the kingdom of God." The condition is light when compared with the prize to which it leads us. If we but lay hold of the many graces which He in His mercy holds out to us; if we but profit by the many blessings which in His loving-kindness He bestows upon us; if we but listen to the friend is also a benefactor. Were His inspiration, and respond to His short precept, will be a pleasure rather than a difficulty. We have

but to taste to be convinced. The slothful and the too busy ones of us. Let them rise from their sloth, let But was not afriend sheart wounded, into tears of joy.

MAKING REPARATION FOR BLASPHEMY

The Holy Father recently received in audience, the Society of Our Lady of the Valley, which has for its aim the suppression of profanity, phemy and unclean talk. In his address the Pope referred to "terrible blasphemies that had been launched

gainst the adorable Person of our Divine Redeemer by one who poses loved the beauty and fragrance of falsely as representative of the people of Italy." His Holiness urged on the had a candy store I believe He loved members even greater zeal in proit, too

moting the good works to which they had pledged themselves. "Insults inflicted on a friend

naturally strike upon our own a little maiden weeping as if her heart," said the Holy Father, "and heart would break. His heart went how much more true is this when we to remain dumb aud insensible in Beside her lay her little pet canary invitations; what He requests in His face of the insults inflicted on a cold in death. He took the little friend and benefactor, it could only bird in His hands and consoled the be said of us that our friendship is not genuine, and that our hearts are lo ! next moment the canary sang void of that sense of gratitude which it never sang before, and the little

them detach their hearts from was not our supreme Benefactor The time came at length when He things earthly, and fix them on Our offended by those blasphemies was to reveal Himself to men as the

Christ. He was the perfect child, or bishops in the Anglican commun the perfect boy, the perfect youth, ion. Supposing, for the sake of He grew freely, nobly, naturally, unfolding all His powers without Rev P J Bradley says of Him in The Baltimore Catholic Ever since the dawn of Christianity the mystery of the Incarnation has afforded a fertile field for the but denied the reality of His human nature. Revelation makes it clear tians must believe though they do

was the development of

not understand. Of His childhood days the Gospel to fill up the picture. Without any that He shared the joys and sorrows of other children. The sweet songs of the birds charmed Him. He found

I have read somewhere a beautiful

legend of His youth. One day as He walked through the village, He saw out to her in sympathy, as He inquired the cause of her tears. weeper by saying it only slept, and

maiden's tears of sorrow were turned

ion. Supposing, for the sake of perfect flower of manhood, argument, that the Anglican claim Every stage of human life was lived were true, and that they did possess in finished purity, and yet no stage a valid ministry, how would that was abnormally developed ; there affect the claim of their Church to was nothing out of character in His Catholicity ? Let us examine it by affect the claim of their Church to the tests given above. Is the Anglican Church Catholic in extent? a struggle, in a completely healthy Outside of Great Britain and her colonies she is nowhere a powerful body, and even in many of the British possessions she is decidedly minority. In the United States her communicants number scarcely more than one per cent. of the population, speculation of the active but finite and in many parts of the country intellect of man. Some saw in the Episcopal Church is either not Christ the ideal man, but nothing more; others admitted His divinity known of religious bodies. It is often confused, with the "Methodist Episcopal Church " and its existence that two perfect natures are united in the Person of Christ, and Chris-indifference to many of our fellow. countrymen. Not so the Catholic

Church-ask any man you meet. He may hate it, but he knows about it. says but little, and imagination has He is not indifferent to it. He wit nesses to its universality and to its danger of irreverence we may take it that He shared the joys and sorrows but one Catholic Church and he is perfectly sure where it may be

THE TRULY UNIVERSAL CHURCH

The Catholic Church is represented of the world where, as they another branch" of the Catholic Church is at work, while others make the statement that the Episcopal Church should confine herself to classes of people, thus witnessing to the fact that they do not believe her commission to be a really Catholic one. Nordo the Eastern Churches fare any better in regard, for their strength

pure, as Nature demands it shall be are as yet unable to see in its true light and rectify. To be Catholic a Church must be able to go forth properly.

with one voice; and to do this it The following enlightening news must go forth from one center, and there is no center from which it may Times

go forth but that one given by Our Blessed Lord when He said, "Thou What may lead to a remarkable art Peter and on this Rock will I build My Church." That Christ said to have been achieved at Guy's Hospital. Briefly, the operation of established more than one Catholic removal of the lower intestines Church no one claims, and that it the could lose either its unity or its catholicity and still remain the true has been applied to cases of tuberculosis, and the results are said to be Church is unthinkable The Cathoin every way satisfactory. The principle of the treatment is

ic Church is no nebulous aggregathe removal of the cause of the distion; it is a well-defined and visible kingdom. Its seat is at Rome and its Viceregent here on earth is Peter's successor.—Floyd Keeler, formerly Anglican Archdeacon of Saliana, Kansas, in The Lamp.

AN EMPLOYER'S INFLUENCE

How far-reaching the influence of good example is, is set forth by the New World, Chicago, in the following: "The most genuinely pious man we know is a middle-aged father of a family, who has worked for over a quarter of a century for the same firm. His piety has often been a matter of wonder to us, for he was brought up in a remote rural section with few opportunities for receiving instruction or going to the Sacra-ments. The secret of it came out not in every field and has her autorous the greatest influences for good in among all nations. A large section the greatest influences for good in of the Anglican Church repudiates his life had been the example set him by his employer. 'I saw him,' him by his employer. 'I saw him,' daily at a time when such a thing was almost unheard of with the aver-age man. I saw him honest in his business dealings and giving gener ously to the support of religion, and ministering to certain races or I never heard him use an oath or speak other than respectfully of the Church and her priests. So I thought I couldn't do better than follow him. That is a case where practise has squared itself with profession, and is wholly confined to the East or to emigrated members from the East.

This perfected Bath he called the for the entire system to work " J. B. L." Cascade, and it is the one

which has so quickly popularized and recommended itself that hunarticle is quoted from the New York dreds of thousands are to-day using

Dr. Tyrrell, in his practice and advance in the operative treatment researches discovered many unique of certain forms of tuberculosis is and interesting facts in connection with this subject; these he has col-lected in a little book. "The What, the Why, the Way of Internal Bathing," which will be sent free on request if you address Chas. A. Tyrrell, M. D., Room 454, 163 College

Street, Toronto, and mention having read this in the CATHOLIC RECORD.

Recent researches of Metchni This book tells us facts that we never knew about ourselves before, and there is no doubt that everyone koff and others have led doctors to suppose that many conditions of who has an interest in his or her own physical well-being, or that of chronic ill-health, such as nervous debility, rheumatism, and other dis the family, will be very greatly instructed and enlightened by readorders, are due to poisoning set up y unhealthy conditions in the large intestine, and it has even been sug-gested that the lowering of the vitaling this carefully prepared and scien-tifically correct little book.

> HO WOULD EVER have expected to see you here? I thought you left Canada

The second secon