

FIVE-MINUTE SERMON

TRINITY SUNDAY

CHILDREN OF GOD
"Baptizing them in the name of the Father, and of the Son, and of the Holy Ghost..."

There are few persons in this world who do not relish honor and praise. This one may be proud of the distinction bestowed by descent from an old and honorable ancestry; another one glories in the attention given to his skill, wealth, or accomplishments; others again strive for high positions and are only happy when they can command the homage of their fellowmen.

Endeavor, therefore, my dear Christians, to be worthy of the name of children of God, and God will be truly your Father. Have you at all times duly prized this great honor? As children of "The Almighty" we should in order not to be unworthy of our heavenly Father lead a good and godly life.

PROTESTANT "CONFESSIONALS"

The Sacrament of Penance has always concentrated on itself the severest censure of Protestants. The founders of the various sects, when they set out to make brand new religions, lost no time in getting rid of the confessional.

Such is the natural repugnance to making known the weakness of human nature. It would be impossible to overcome it, if it were not that the Catholic Church can point to a divine sanction of the Sacrament which, though it at first seems to impose upon us a sore trial, in its soothing effect upon a sinned soul proves to be a priceless boon.

Witnessing the outward evidence of this transformation, as shown forth in the conduct of the penitent, a Protestant minister has hit upon the idea that it would be a good thing to introduce into Protestant churches the practice of confession. The minister in question is the Rev. Charles M. Sheldon, Pastor of the Central Congregation Church of Topeka, Kan.

DRINK CURE A MIRACLE?

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out their troubles into willing ears. He recently unfolded his plan at a conference of ministers held in St. Louis. He is reported as saying that "the relation of the minister to his congregation should be such that his congregation would be free to go to him and confess their troubles and receive his advice. The Roman Catholic Church has understood this relation for centuries. The Protestant has not had this understanding. The Catholic confessional contemplates the forgiveness of sins, but its chief hold has been in aiding the burdens they have to carry."

They are not clever arrangements to enable their recipients to bear life's burthens, though incidentally they do that. They are channels of grace that strengthen Catholics in their fight against sin—the only real evil in the world. The Catholic Church did not invent them; she received them from her Divine Founder. The Rev. Mr. Sheldon cannot grasp this fact, and we don't expect him to; if he did, he would not be a Protestant. He insinuates that the Catholic Church instituted the confessional, because she "understands human nature." Not so. The Church has simply obeyed the mandate of the Author of human nature, when He commanded St. Peter on the occasion of instructing him and his successors the power of binding and remitting.

The Rev. Mr. Sheldon says: "The Catholic confessional contemplates the forgiveness of sins, but its chief hold has been in aiding the members of the Church to bear the burdens they have to carry." Again he is wrong. He is like a person who is color-blind attempting to pass judgment on different shades of color. "The chief hold" of the Church on penitents is not her contribution to making life's pilgrimage less weary, but the assurance she offers that she is the divinely appointed agent capable of leading them safely to their eternal home. In the absence of that assurance, it is not likely that the Rev. Mr. Sheldon's proposed Protestant confessional will be a success.

The reverend gentleman should understand that an imitation cannot be an effective substitute for the genuine article. German silver, however attractive it may be in appearance, is not real silver. The proposed Protestant confessional will be a grotesque mockery.

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CARDINAL GIBBONS' RULES OF LIFE

of those where sin-laden humanity for eight hundred years has laid down its crushing burdens.—N. Y. Freeman's Journal.

His Eminence, Cardinal Gibbons, has answered the old, old question of how to live long and happily by quoting from recently of life. The celebration, recently of the Golden Jubilee of His Eminence's ordination to the priesthood and the Silver Jubilee of his elevation to the cardinalate give an added interest to the expression of his views on life. The simple rules which he has followed have enabled him to arrive at his seventy and seventh milestone after a lifetime spent in hard and continued mental and physical labors.

There is nothing wonderful about it. Try to preserve a clear and tranquil disposition. By so doing one is enabled to overcome those hindrances in well doing which frequently arise from a turbulent mental condition. Avoid full particulars, testimonials, prices, etc., will be sent absolutely free in a plain sealed package to any one asking for it and mentioning this paper.

Never becoming ruffled mentally, he always is able to decide serious matters and to face a contingency philosophically. The other important thing to remember, he ran on, "is to eat and drink moderately and regularly in order to keep the mind and the body at the highest standard of efficiency. Avoid generously of the plain foods. Eat sparingly of sweets. Late suppers should be the exception rather than the rule, and irregularity in meals is not consistent with good digestion. Moderation in drinking is especially essential to good health."

His Eminence breakfasts at 8 o'clock sharp, and his meal consists, with slight variation, of a cup of coffee, one biscuit, one soft boiled egg. Sometimes there is a little bacon or a chop instead, and marmalade.

The Cardinal dined at 1:30 p. m., as all good Baltimoreans do. This meal is made up of soup, a little roast beef or lamb—the latter is especially his preference. He is very fond of vegetables—string beans and limas, mashed potatoes, peas and tomatoes, lettuce and spinach. Not fond of sweets, he takes a small glass of dessert. At his evening meal, supper, the Cardinal has tea or buttermilk. The latter is his favorite. He drinks plenty of it because, he says, it is most healthful. Then he takes a chop or a small piece of steak or a small portion of cold meat. His Eminence is not fond of retiring unless he is able to do so at 10 o'clock. At this time he retires to his study, where he reads the evening paper, and at 4 p. m. more visitors are ushered in. After the last of his guests has departed he takes another little walk before supper. In the evening his favorite recreation is reading.

Does he smoke? Yes. A little. Never more than three cigars a day, and he rarely reaches that number. It is when he is pursuing the works of his favorite writers that he likes to smoke. One of his best liked books is "The Moonstone," by Wilkie Collins. He also delights in the works of Anthony Trollope and Charles Dickens.

When not reading the Cardinal can be found busily writing. It must not be forgotten that he also is a writer of note, and has published some well-known books. He preaches on the first Sunday of every month at the High Mass, and always finds a large and attentive congregation. The other Sundays are devoted to confirmations, dedications and other church duties.

"Keep occupied," he continued. "A man or woman without occupation is but a derelict in the path of those whose lives are engrossed by the necessary effort to benefit themselves or those in whom they are interested, and nothing tends more to longevity than activity. "Work is essential to good health. Iron is more wasted by rust than by wear. Activity should be a marked part of every one's nature, and in varied activity will be found the best means of usefulness and success."

"Always make provision for a sufficient amount of repose and sleep. Late hours to bed and laggard habits in the morning are the causes of many failures in the attainment of a vigorous old age. Eight hours of sleep are an important factor in the repair of nervous expenditure, and those who begrudge one-third of the twenty-four hours to quiet and repose are sure to pay a heavy price in the long run. It is interesting to know that the Cardinal rises at 9 a. m.



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IHC Service Bureau The bureau is a center, where the best ways of doing things on the farm, and data relating to its development, are collected and distributed free to everyone interested in agriculture. Every available source of information will be used in answering questions on all farm subjects. If the questions are sent to the IHC Service Bureau, they will receive prompt attention.

and scarcely ever retires later than 10 p. m. Besides this, no matter what pressing business presents itself or who daily little nap immediately after dinner. This hour's repose he feels is necessary to offset fatigue caused by his numerous duties and the better to fit him for the remaining hours of the day. His only relaxation from business affairs is when he takes his annual summer outing on Long Island or pays a visit to New Orleans.

In concluding this interview he said: "Be cheerful. A sunny disposition, looking always for the brighter side of things, is more persuasive than a belated, overcast sky of November that brings the flowers and fruits to perfection, but the warm clear sunshine of June."

The wearing of the green He laid his blackened pipe aside, A moisture dimmed his eye And made its blue as soft a hue As April's misty sky.

The burden of his years of toil Was lifted from his back; His furrowed cheek was smooth and young.

His grizzled hair was black, The silken flags and snowy plumes— They passed him all unheeded; He walked again where first he sung "The Wearing of the Green."

Come sun or shadow, once a year The bands are sure to play The good old tune, the "Old old tune, Upon Saint Patrick's day. 'Tis like a breath from bog and hill, Though oceans roll between; 'Tis sweet to every exile's ear— "The Wearing of the Green."

The female house fly lays from 120 to 150 eggs at a time, and these mature in two weeks. Under favorable conditions the descendants of a single pair will number millions in three months. Therefore all housekeepers should commence using

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CHATS WITH

When you are ahead much, you try to justify all sorts of other fellow is happened to you. Do not get silly excuses, you for making selves: "The is a good reason." Why business and investigation of the other fellow for opportunity of taking part in the business of taking that he is more comfortable for himself.

He probably might, he got morning, is work on time his work; do and talk as to be more comfortable remarks about in other work and analyze it. I have considered the office usually late; in the even busy season, leaving when possible, a young man home at an occasional business.

The level looking for material in that which is marked abiding them.

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