

FIVE MINUTE SERMON

BY REV. WILLIAM DEMOUY, D. D.

TWENTY-THIRD SUNDAY AFTER PENTECOST

THE SPIRITUAL HIGHWAY

"But our conversation is in Heaven." (Philipp. III, 20.)

God made us for heaven. It is clearly pointed out in the Scriptures that it is God's will that all men be saved. If we fail to gain this end, the fault totally will be ours, for God will render to everyone according to his works.

There is a journey toward practically everything that we wish to take up in life. This journey does not always entail bodily motion, but it does require motion of the mind or heart, or both. If you are desirous of becoming a scientist, you must pursue the path of science. If you wish to be an artist, you must follow the path of art.

Now, while we are laboring amid worldly pursuits, we must remember that there is a state which if we attain—and we must strive to attain it—will make us more than worldly beings. It is the state of sainthood—the state that unites us to God, and puts us on the right road to the blessing for which God made us, namely, heaven. As we labor and toil, in order to become men of science, or artists, or members of professions, or even ordinary laboring men, so also we must endeavor to fit ourselves to be children of God—saints. No one ever becomes thoroughly versed in his calling unless he labors faithfully in it, and strives, by his industry and experience, to know it from all its angles.

Therefore we must strive while living this mortal life to have for our conversation in heaven. If we do not, we never will enjoy its blessed peace. Unless we endeavor now to live in deed and in word in union with God, how can we reasonably expect to be totally transformed, especially in sentiment, and enjoy Him hereafter? We must begin now the life that we expect to live hereafter. The love we have for God during our present life will not be destroyed by death, but will be perfected. The prayers that we are wont to recite now will unite us to God by a bond that death will not tear asunder, but rather will strengthen and perfect in an infinite degree. But, if we neglect all these things, can we reasonably expect to enjoy their perfect consummation in the hereafter? Certainly not.

By remembering our duty to God, and fulfilling it exactly, we gradually become so that we live a life that is a foretaste, though a delicate one, of the life in heaven that will be ours if we persevere. But if we are totally taken up with the things of this world, and are, as a consequence, worldly, we must not expect to be versed in the things of heaven when we die, since we never paid any attention to them during our life.

Hence familiarize yourself with heaven now, by having your conversation in heaven—that is, by serving and loving God with your whole heart, and by praying to Him with all sincerity and humility.

SOUDEIA RELIEF COLUMN

Paris, Oct. 5.—Several religious met their death in the course of the fighting in Syria when the Druses, Moslem rebels, attacked French troops and laid siege to a French detachment in the citadel of Soudeia.

Information received by the League for the Rights of Religious announces that in order to relieve Soudeia, a column was formed in

great haste with all the resources of man power that could be mobilized. Incorporated in this column were sixty-eight young religious of age to do military service. They were sent to the firing line after only a few days training.

From private letters it has become known that several were killed, several wounded and that several have been proposed for decorations.

ST. ANTHONY'S BREAD

For centuries St. Anthony of Padua has proven himself the Friend of the Poor the wide world over. We often hear it said that "God helps them that help themselves." To a certain degree this is true but oftentimes the saying is used as a cloak for selfishness and as an excuse for not helping those who really are not in a position to help themselves.

St. Anthony, as the champion and friend of the needy, serves notice upon his Clients that if they would employ him as their heavenly advocate they must pay him a fee in the form of Bread for his poor. In a word St. Anthony helps those who help the poor.

The Friars of the Atonement gave lodging and food to an average of forty poor men every day during 1924, or a grand total of forty-three thousand meals during the course of the year. It was St. Anthony who paid every cent of the huge cost by the fees he induced his Clients to pay in the form of thank offerings for favors they received through the medium of the Perpetual Novena to St. Anthony conducted by the Franciscan Friars of the Atonement at Graymoor. More-over the Graymoor Friars set aside ten per cent. of what is given to them as St. Anthony's Bread to feed the poor and needy who appeal to them from everywhere beyond the boundaries of Graymoor.

That St. Anthony helps those who promise to help him feed and lodge his Graymoor dependents, witness the following testimonials:

J. K. O'B., Los Angeles, Calif.: "Herewith find check for recent success in some ventures."

C. A. F., Bronx, N. Y. C.: "I wish to advise you that I have received an increase in my salary, and, as by my promise to St. Anthony, I herewith enclose my offering."

M. O'D., New York: "Please find enclosed offering promised to St. Anthony for getting my husband the position he wanted."

R. M. K., Hackensack, N. J.: "I wish to acknowledge with gratitude my answer to petition made to St. Anthony in the last Novena. For a number of years money invested returned nothing but uncertainty and new expenses. I prayed that through the intercession of St. Anthony we would be cleared of debt by May 1, and, although the prospects were not at all certain, still, on the evening of May 1 papers were signed that cleared us of all debt and put a few dollars in the bank."

Mr. A. H. K., Tulsa, Okla.: "Am sending an offering for Bread as a thank offering to St. Anthony for finding lost articles."

Miss D. K., Cinn., Ohio: "One night I went out and I lost my door key. I had no place to go and, if it was not found I expected I would have to stay on the back porch of the house until morning. I looked everywhere and I could not find the key. Coming home discouraged I prayed to St. Anthony to help me find the key. I went into a drug store and in a few minutes a passer-by brought in a key which had just been found on the sidewalk and it was my missing key. I send offering for St. Anthony's Bread."

Mrs. J. U. U., New York City: "I recently lost my muff at a railroad station and promised St. Anthony an offering if it was found. I am glad to say that I got it back again and enclose my check herewith."

Address all petitions to St. Anthony's Novena, Friars of the Atonement, Graymoor Garrison, N. Y.

THE CARTHUSIAN MONKS ARE NEVER SICK

The above fact shows what a vital thing is proper food. These monks living their simple life within monastery walls, in Surrey, England, have been practically disease free for many years, save such diseases as are incident to old age.

Not many months ago flu prostrated the entire district in which the monastery is situated, yet not a single case developed among these monks. The national health authorities investigated and attributed their immunity from disease to their simple diet of whole grains, milk vegetables and fruits.

Dr. Robt. G. Jackson of Toronto, Editor of the Dietetic Age of New York City, has long claimed that most of our diseases are due to the refinement or denaturing of our chief foodstuffs, the grains, aided by white sugar. He has invented Dr. Jackson's Roman Meal, a natural grain food made from whole wheat, whole rye, flaxin and bran, to compensate the deficiencies of white flour and refined "ghost cereals." Plenty of Roman Meal, milk, vegetables and fruits will work wonders in the health of the Canadian people. Dr. Jackson was himself wrecked by 55, when he invented Roman Meal, but at the age of 65 his physique is better than that of 9 out of every 10 men

regardless of age, thanks to the wonderful body-building properties of Roman Meal. Used persistently, it will do as much for anyone. At grocers.

PRIEST'S PLAN TO CUT LIVING COST

GOVERNMENT ENDORSES AND GIVES 1,000,000 PESETAS TO GREAT COOPERATIVE PROJECT

By Rev. Manuel Grana (Madrid Correspondent, N. C. W. C.)

Don Domingo Bueno, Canon of Tuy, acting for the Federation of Catholic Agrarian Syndicates of Galicia, recently asked the Military Directorate for an advance of 1,000,000 pesetas for the work of the rural slaughter houses. General Primo de Rivera, after causing the project to be thoroughly examined by experts, has declared it to be of public utility and has granted the request. The work is beginning this summer.

It is easy to understand the years of efforts, as difficult as they were fruitless, to obtain from the Spanish Government this money for a purely religious undertaking. The cattle interests of Castile and Andalusia were opposed to it. Furthermore, the Directorate had instituted a regime of economy reducing expenses all along the line, and had not been able to raise the salaries of rural priests as it had intended. The Municipality of Madrid, as it happened, was opposed to the project because it had just opened a model slaughter house, one of the best in Europe, at a cost of 40,000,000 pesetas. Canon Bueno proved that the only way for Madrid to obtain an abundance of fresh meat was to establish these slaughter houses in the very centers of production.

BOON TO HUMBLES CLASSES The plan developed by Canon Bueno may be summed up as follows:

The slaughter houses are cooperative concerns, operated by associations of small farmers, and although they were devised and are to be built by the Catholic syndicates, they will exclude no one. Any farmer in Galicia may become a member, because, being a Christian work, it is intended for the benefit of all, particularly the small farmers.

These slaughter houses, established in the cattle-raising districts, where they may become known by all the farmers, will stimulate activity by bringing before their very eyes the advantages of cooperation and their own share therein.

Canon Bueno, who has devoted his life to the improvement of the humble working classes, has given several years of study to the plan for rural slaughter houses, and has demonstrated the fact that the shipping of live stock from the point of origin to the great slaughter house of Madrid results in a loss of weight of 15%. Galicia exports annually to Castile more than 30,000,000 kilograms of meat on the hoof, and the loss due to shipment is almost 12,000,000 pesetas. With the new slaughter houses, the loss of weight and also the cost of feed and care during shipment will be eliminated, and the shipment of meat will be much more simple than that of the live stock.

THE BRITISH "CASEYS" ST. COLUMBA KNIGHTS MAKE RAPID STRIDES

Preston, England.—The British "Caseys," the Knights of St. Columba, have reached a membership of 18,000, it was announced prior to the annual convention which opened Sept. 28. The Knights have been in existence only three or four years and this rapid progress leads to the belief that the Order will sweep England and Scotland.

The British Knights follow very closely their American model. Their constitution is practically the same and the ritual is almost identical.

Only the first and second degrees have been exemplified to the generality of members. The third degree has been tried experimentally but there is a difference of opinion as to its acceptability in this country.

A few of the Knights were originally members of the American K. C.'s. One of them, Mr. J. Cryan, head of the ritual committee, took his third degree in Denver, Colorado, more than twenty years ago.

The movement has found favor throughout the country to a remarkable extent, and has broken through the barriers which all Catholic organizations have experienced and few of them have overcome in the past.

The Catholics of the North and the Catholics of the South of England have rarely pulled together in lay organizations. The North has a local pride which prevents it from taking readily to movements originating in London. London folk regard as provincial anything emanating from elsewhere in the country.

In the North the Catholic Young Men's Society has flourished for many years. It even got a foothold in the Midlands. But the South never gave the movement a welcome. Until the Knights of St. Columba came, there was no social organization embracing the Catholic men of London and the South in anything like a general way. The Catenian association, it is true, has made steady progress throughout the country; but its membership is limited by a class distinction, and the clergy are not admitted as members.

The Knights of St. Columba began in Scotland and their headquarters are still in Glasgow. The clergy saw the possibilities of the

new organization and flocked to its standard.

One priest, Father T. Simpson, of Cleator Moor, is a Grand Knight—the only clerical Grand Knight in the country at present. Three Bishops are members.

Denmark is the other agricultural nation, which, like Spain, has established cooperative slaughter houses on a large scale. It has 45. France and Switzerland are now beginning. It is greatly to the credit of the Catholic Agrarian Federation of Galicia that it has introduced them in Spain. Other districts of the peninsula will follow its example. Statistics will be prepared to permit proper distribution of cattle to the slaughter houses, agricultural and cattle-raising methods will be improved so that small farmers may increase their profits. Canon Bueno believes that the capital invested will be fully covered the first year and the million, advanced by the State may be used to begin work on the other slaughter houses which will be built and be in full operation in five years' time.

When Canon Bueno presented the plans and technical information concerning the slaughter houses to the Military Directorate, General Primo de Rivera was greatly impressed. The Director gave high praise to the hard working Canon of Tuy, to whom the district will be indebted for a great increase in wealth.

This is the first time that the Spanish Government has treated officially with the Catholic Agrarian Federation. This is equivalent to recognition of the juridical personality of the organization, which had been disputed by the Spanish bureaucracy. This is a new triumph for the Catholic syndicates, who see in it a valuable precedent which will greatly aid their future development.

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; there is lack of energy and a more or less tired feeling.

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.

Do not substitute and insist upon getting Dr. Norvall's Stomach and Tonic Tablets. Address: The Dr. Norvall Medical Co. Ltd., 108 Hunter Street, Peterborough, Ont.

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