

FIVE-MINUTE SERMONS.

Eighth Sunday after Pentecost.

SPIRIT AND FLESH.

For if you live according to the flesh you shall die. But if by the spirit you mortify the deeds of the flesh you shall live. (ROM. VIII. 13.)

What does the Apostle mean by this? This only, that the flesh with its concupiscence and lusts must never get such power over our will that it will carry us along with it and make us obey its longings and desires when we know these are forbidden by Almighty God.

What are the deeds of the flesh? They are the seven capital sins—pride, covetousness, lust, anger, gluttony, envy, sloth. Can we kill them? In the most important sense we can get them so under our control that, after awhile, they will move us but slightly and cannot influence us to any great degree.

Ought not each one of us to strive to get ourselves into that blessed state? But how can we do it? Make up your mind to do it. Form a good resolution, one that will not change but that will be firm for life.

The devil makes us think it harder by telling us when we feel the sharpness of the first struggle, "You can't bear it this way, for life." You can't bear it and it gives you the grace.

We can make it all the easier by trusting God, who will always help us in the struggle. Pray more. Go to confession often. The confessor will then help us and remove much of the burden by good advice.

Monthly Prizes for Boys and Girls. The "Sunlight" Soap Co., Toronto, offer the following prizes every month till further notice.

All who have the care of children should know that Dr. Fowler's Extract of Wild Strawberry may be confidently depended on to cure all summer complaints, diarrhoea, dysentery, cramps, colic, cholera infantum, cholera morbus, canker, etc., in children or adults.

COLUMBUS THE CHRIST-BEARER.

BY PROF. MAURICE FRANCIS Egan

Although many men of our time are delighted when the epithet "broad-minded" is applied to them, few realize that it is impossible to deserve it unless they have attained the precious quality of sympathy.

Our judicious writers have treated the life of George Washington with discretion. Surely Christopher Columbus deserves at least equal respect.

English historians have themselves taught us how to value their history. They have shown themselves incapable of projecting their minds beyond the Gulf made by the Reformation, and this has biased them fatally.

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We must remember, and all veritable history helps us to do this, that Columbus believed that Christ is God more devoutly than he believed in his own existence; the Blessed Virgin, the base on which the mystery of the Incarnation rests, was to him more real than any earthly queen.

Minard's Liniment cures Diarrhoea. Rapid Relief.

any scientific theory; for the words of Christ were living and real. There was only one man among them all whose scientific motive almost equalled his zeal for the faith.

The caravels equipped at Palos were so unseaworthy, judged by the dangers of the Atlantic, that no crew in our time would have trusted in them.

It was faith that saved Columbus. It was faith that made him true to his purpose during those long waiting years—not mere human faith in the things of sight in those concrete evidences of the strange, unknown world which the billows of the sea had brought, but a stronger belief that God, and His Mother, for whom the "Santa Maria" was named, and St. Michael, who had conquered the demon, and St. George, who had vanquished worse monsters than those of the Atlantic, were with him for the salvation of souls and the recovery of the Holy Sepulcher.

Columbus believed in God and in himself. He offered to share in the expenses of the expedition; he demanded as well, to be well paid if he succeeded. He asked much, as he who was sure of himself had a right to do.

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At the top of his mind the devout scholar has a holy of holies, a little pantheon set round with altars and the images of the greatest men. Every day, putting on a priestly robe, he retires into this temple and passes before its shrines and shapes.

The phenomenal success of Ayer's Sarsaparilla started into existence a host of competitors. This, of course, was to be expected; but the effect has been to demonstrate the superior merits of Dr. Ayer's preparation by a constantly increasing demand for it.

Seven Years Suffering. GENTLEMEN, I have suffered very much from inflammatory rheumatism, which produced wrong treatment left ugly running sores on my hands and feet.

DEAR SIR, I had for years been troubled with dyspepsia and sick headache, and found Blood Bitters, which made a perfect cure. It is the best medicine I ever had in my life, and I will never be without it.

So other Sarsaparilla possesses the Combination, Proportion and Process which makes Hood's Sarsaparilla Peculiar to itself.

Without an Equal. Cures Rheumatism, Neuralgia, Lumbago, Sciatica, Sprains, Bruises, Burns, Swellings.

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