MARCH 20, 1197.

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orld.

Arise, and fear not." (St. Matt. xvii. 7

MARCH 20, 1897.

FIVE-MINUTE'S SERMON

My Dear Brethren : The two great obstacles to the service of God, which come from ourselves, are sluggishness and cowardice. We are beset with temptations, harassed by passions, and subject to sin ; but, more than these, love of ease and cowardice take posses sion of our hearts. We are tempted to doubt whether we can free curselves from our difficulties; we forget the words of the Apostle : "Tais is the will of God, your sanctification." Since, then, my dear brethren, God wills our sanctification, we too should will it, for God is ready to bestow upon us the means to attain it. So that far from being discouraged by the evilthat surround us, and the spiritual difficulties under which we labor, we ought rather turn to God full of courage, having confidence in His promise that He will not deny us the grace necessary for us to obtain eternal life And so our Lord addresses to each one of us the words of this day's Gospel "Arise, and fear not." words which show what ought to be our part, our attitude in the work of salvation. Te each one of us He says : "Arise !' Arise from the dominion of your pas Cast off the works of darkness sions ! Throw off your self-imposed shackles of cowardice and fear! Be vigilant Be free ! Be what your baptism de mands of you-children of God, co operating with His grace in the work f your salvation. Do you not remem ber the days of your innocence? Were they not happy days? Have you found in the pursuit of sin and the gratification of your passions the peace which you enjoyed in the day which you served God? No There is no peace for the wicked there is no peace for the sin burdened conscience ; peace is only through the Holy Spirit. Peace is His fruit-peace

ith ourselves and peace with God. All the things of earth are as nothing compared with the peace of a good conscience. The indwelling of the Holy Spirit in our souls is a foretaste of the life of glory hereafter. We may lose riches, we may suffer dishonor men may deprive us of our possession and our good name, but they canno rob us of God's holy Spirit. Him we may possess without fear of loss unles we ourselves are guilty of infidelity to His voice. Courage, then, for God is with us ! And if God be with us, why should we fear? For who is God Who is there like to God ? Is there any in heaven, or on earth, or under the earth, that can stand against His almighty power? Whom do we fear? Is it Satan? Long ages ago God's holy angel overcame him. Is it the world? Our Lord tells us: "I have overcome the world." Is it ourselves? Are we then such slaves to our passions that we can no longer exercise our reason, no longer make use of God's grace? Surely, things are not so bad with us as this! We can over-come our passions, we must overcome God's grace will not be denied

them. We should " arise, and fear not, we should have courage, we should trust God. And conquer we shall if we but use the means that God in His mercy has put at our disposal. We shall conquer if we turn to the fountain of grace and drink deeply of its waters. If, in other words, we are constant in prayer and the use of the

sacraments. These are the arms with which God designs that we should fight !- These are the arms which He has blessed ! These are the arms on which He has lossed ! These are the arms on which He h impressed the sign of His almighty paper and opened the box. One power. Armed with these and confi-dent in Him who gave them to us, glance was enough for Henry. "Pooh ! Nothing but seeds !" victory shall be ours. Arise, then, my exclaimed contemptuously, and startdear brethren, and cast off fear ! Pu ing to leave the room. on the armor of light and follow after 'Wait a moment, my boy," said the the banner of our Lord. He has gone old lady, gently detaining him, "Did you say, 'Nothing but seeds?"" before showing the way; we have but to follow. He fought the fight. He overcame the world, the flesh, the you say, 'Nothing but seeds?'" "Yes, grandma, I'm disappointed, I thought perhaps there was something valuable in that box." devil. So, too, may we if we are faithful followers in the way of the "This is one of the cases where looks are deceptive," Mrs Lyman replied. "I admit these little brown seeds are Cross. If we earnestly study the life of our Lord and are watchful for the of our Lord and are watchtul for the breathing of the Holy Spirit, "Who breatheth where He will," we shall find the yoke sweet and the burden light. "Arise and fear not." not very pretty, but I assure you they are valuable. I had almost decided to give you some of them for helping me so nicely "They would be of no use to me, Contentment does not come of one's said Henry, not even glancing toward possessions or of one's position, but it comes of one's way of locking at these. the box. "Would you not like to have a He who realizes that he is where God wants him to be, and that he has what garden of your own and take entire care of it yourself, next spring ?" "How could I, grandma? I don't even know how to plant the seeds: God wants him to have will be contented with his lot and tis store, whatever they are; but he who fails to realize this truth were never be con must they be laid in the ground right side up with care, as the express boxes tented, though he wer take most favored read ? "Not at all, my boy, that is some man in the world.

#### THE CATHOLIC RECORD

#### that first appears above the ground CHATS WITH YOUNG MEN is, you can scarcely touch it without breaking it off.'

'O, yes, grandma, don't you know Nothing is more important in giv-ing a look of style and grace to young Mamie ruined ever so many of mam-ma's plants, last spring, by fingering people than the way in which they them carry their bodies, and this is a matter

"Yes, I remember, even little that mothers need to look after in Mamie's touch was too rude for them. training their children. The habit of But do you not think it very strange, my boy, that this same ender germ is movement is largely formed in early plenish the dying fire, fill the empty vessel, feed the hungry soul and strengthen the weak faith before atyears. Miles Barlow says : "Stand up able to make its way not only through straight, boys and girls, and whether the covering of these seeds, but through walking or at rest, hold your head well nuts and shells that could not be cracked by the teeth? You have seen up, with chin slightly drawn in and shoulders thrown back." This is not the little sprout peeping out of the only necessary for appearance, but for peach stone and you know what that Parents do not

he owes much of his prosperity to a les often realize the importance of this in "To be sure I have, grandma, but son taught him by his employer. This I never thought about it," and Henry I never thought about it," and Henry took some of the seeds into his plump little hand, and looking curiously at them, asked, "Are these seeds good? How hence the seeds in the seeds good? How hence the seeds in the seeds good? How hence the seeds in the seeds good? How hence the seeds good? Have they kept well in the drawer, all Thus he was often in advance of winter, grandma?" competitors, both in taking hold of a

"O, yes child, they are perfectly good thing or letting go an unprofit good; it is wonderful how long seeds may be preserved, both in the ground and out of it. It is said a grain of well as to the more important. The mustard, the tiniest of seeds, has been little things we ought to do and do not known to lie in the earth a hundred years, and as soon as it had a chance, must be attended to, and the oftener o shoot out as strong and bright as if they are brought to mind and dismissed ust gathered from the plant. Why, again to that indefinite time the Henry, you remember pleading to me more trouble they give us. one day from your pretty paper, about the wheat in the wrappings of the how little trouble it is to attend to these things, and want somebody to kick us mummy? vatching for some one, and that some

Henry stood a few minutes shaking the man whose rule is promptne his brown head and looking quite thoughtful. His next inquiry was, appearance away up the street. They were in the habit of watching for him 'What would 1 have to do for the seeds after I planted them, grand-

> them into the ground and cover them over, your part of the work is done; the same One who watches over the little children and lambs and birds, sends His bright sunshine and refreshing rains to nourish the seeds ; it is He who gives them life, and He who

and breathing deeply." According to the old saying, "It is nard to teach an old dog new tricks," and some people tell us that it is still narder to teach new things to members of the human family who have become once settled in their way. So young people should be taught in very early life to get the best and most symmetri cal physical development. Teach them to drop their hands by their sides, lift their shoulders well up and back, and slowly inhale and exhale the breath ten or fifteen times. This should be followed by light ex-

ercise. It is not necessary to develop graceful movement and the fullest purpose of the physical system . - The Bouquet. Nothing but Seeds.

OUR BOYS AND GIRLS.

Stand Erect.

omparatively few are fully erect.

ore the starting bell had rung.

one proved to be a young man fully

six feet tall, who just then made his

health and vigor.

Grandma Lyman was trying to open a drawer of the old-fashioned stand that occupied a sunny corner of her room. The thin white hands were not very strong, and the drawer was so warped that the old lady was about to abandon the attempt when hurrying ootsteps were heard in the hall.

"Henry ! Henry ! she called. A bright, handsome boy responded immediately. "Here, Henry," said grandma,

pleasantly, "I want your help a mo ment. I have got this drawer part out, and now I cannot move it either way Henry was not only strong, but he was an ingenious little fellow, and very soon the refractory drawer yielded, and the grandma found what she wantel.

Many a man is hammering heavily with a dull axe instead of cutting to the heart of things with keenly whetted edge. Time is never wasted in sharp ening one's tools for work. The good workman uses only sharp tools. It is the part of common-sense to sharpen the dull axe, oil the dry bearings, re

> tempting any great service. Do it Now.

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Let us consider the effect of a ruling passion of a business or professional life. Whether you be in the employment of the public or of an in-lividual, you are required, as a first condition of giving satisfaction or of attaining success, to give your whole No st attention to your work. This is the aller -35 case no matter what your position be whether you are a lawyer, living on nen's passion for litigation ; or a physi ian, depending on the chance cases of lness in your neighborhood ; or a lerk in a store managed personally by its owner. Now, a ruling passion, by ts very nature, is closer to you in inerest, occupies more of your thoughts,

has more potent influence over you than any profession or business in which you may be engaged. You think, perhaps, it can be dismissed on entering your office in the morning, and kept waiting for you round the corner until you leave in the afternoon.

all things.

But you are very much mistaken. It returns at frequent intervals during the day, as if to make sure of its victim and to show its despotic power. Your thoughts are occupied by it, consciously unconsciously, much more than you think.

It is a dishonest, unamiable, unpleasant life you thus try to lead, dividing your time between two masters, one of whom has contracted and paid for it all. In this estimation you are losing ground more and more every day. Nearer and nearer a crisis is fast approaching, when you will find yourself cast adrift, and left lependent on your ruling passion for

the necessaries of life. As to your self-respect, only you yourself can know how low you are

sinking in it. When you began life, you set a high and beautiful ideal before you. You intended to push your way upwards to that ideal by honest work, by fidelity to trust, by mastery of your business. You resolved to allow no self-indulgence, no side issues

hitherto enabled you to read, and say

can you find one drunkard who reached

hop, it matters not, -was not to be

ound at forty in the penitentiary, or,

Can you find one habitual

tense relief that will follow. Keep also from the places where it would be likely to tempt you and from all com-panions already under its influence. They should be select in the choice evil disposed young men with a view to reform them, but banding together -Father Feehan.

#### Stray Chips of Thought.

There is no reprieve for the wrong that seeks retaliation. -especially richer or more fashion-able-than they are. "The chief want in life is somebody

who shall make us do the best we can,

says Emerson. Never allow yourself to be too busy to collect your accounts. If you think you are, it is time to hire some help. Prompt collections and prompt payments establish good relations all around. Every great leader is animated by

spirit, viger, and courage, and infuses hope for the achievement of success. "To the front !" is the motto, and he olic young men's society !- Church usually occupies the front rank with Progress.

young fellows of good-will for mutual improvement.

They should have literary exercises in which all active members should take part, for without providing cul-A snob is that man or woman who is ture for the mind they will degenerate lways pretending to something better into mere clubs for idle gossip in leisure moments.

They should afford opportunities for social advantages, for athletic exer-cises and for innocent games.

So important did the Bishops of the last Plenary Council of Baltimore consider them that the Pastoral Letter of that gathering of leaders said : "We exhort pastors to consider the forma-tion and the careful direction of such societies as one of their most important duties." Yet in how many parishes -yes, in how many cities containing several parishes- is there still no Cath

His Real Self Will Show The selfish, unreliable, and treacher-

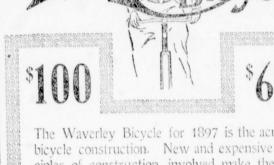
winning ; he may have vague notions

Vigorous Exercise Required.

himself, arouses him from the torpor

of soft delicacy and brings him out in

the pain will be rewarded by the in- ion at least twice a year in a body.



their little ones. The way the twig is bent the tree grows. Notice, as you see young men walk, how many are stoop shouldered, and how often girls lose their attraction by their ungrace ful movements. See how many strong, middle aged men are begin-ning to walk like old men. In fact, so

many walk along in an unmanly style that when an erect young fellow strides by, people turn around to look after him. Every one admires a man or woman of erect bearing, though but Barlow says he was once in a manu facturing building in the morning beone of the windows were a number of young men and women, evidently

"Sure enough, so I did," and for not realizing it sooner. Happy is

every morning. They liked to see his splendid figure, his upright carriage, ma?" "Nothing, my dear ; when you put his easy swinging walk, and his pleas ant face. I recognized him as a friend I had often met in the military armory and gymnasium. You see he made ise of his military training in every lay life, and he not only looked wel

y reason of it, but he felt well. One bound to feel well as he begins to practice throwing back his shoulders brings them to perfection." "We couldn't make a plant or a seed, could we, grandma, if we tried all our lives? But when the fruit and flowers come, we know what to do with them. Again the fat hand found its way

into the box, and the seeds were ex-amined in silence, and compared with reference to size, color and shape. Then came the earnest exclamation, "Well, well, after all how much de-pends upon these little seeds !" Grandma responded very calmly

Another lesson on the value of little things;" and laying her hands on Henry's shoulders, and looking straight into his shining eyes, she in-quired with animation, "How about the garden, now, my boy ?'

"O, I do want a garden, very much; when can I begin work, grandma !" was the quick reply. Mrs. Lyman could not help smiling at the sudden change from indifference to eagerness, as she replied

pleasantly : "We have had our last snow storm trust, and the sun is mounting so high that the earth will be ready in a

ew weeks for these little treasures. " Are these all flower seeds, grandma?

"Yes, and very pretty varieties too, as the little cards indicate. "Couldn't I have some vegetable seeds, too?" I want to raise quantities of things this summer, and make

ever so much money.' Grandma Lyman now laughed heartily as she replied :

heartily as she replied: "Keep to the flowers, the first season, Henry; there is no telling how much they may bring you, if you are industrious." "Till see that the ground is all promise to end? "Till see that the ground is all to entice you from your straight, up resolution? What has become of your ideal? In what does your life

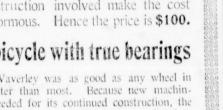
A PRIZE FOR EVERY CORRECT ANSWER

Find in Bicycle Picture faces of two prom-FACTS FOR FORTUNE SEEKERS

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h Bordeaux Clarets will be sold at the lowest price IES WILSON hmond St., London. 'Phone 650,

#### The Life of Dr. Chase.

always find their way to the surface head up. "If gardeners and farmers had to

The Life of Dr. Chase. As a compiler of Chase's Recipe Book, his name is familiar in every household in the land, while as a physician his works on simple form I is left an imprint of his name that will be handed down from generation to genera-tion. It is last great medicine, in the form of his Syrup of Linseed and Turpentine, is having the large public patronage that his Ointment, Pills and Catarrh Cure are having. Dr. Chase's Syrup of Linseed and Turpen-tine is especially adapted for all Bronchial and Asthmatic troubles. Where can I get some of Holloway's Corn Cure? I was entirely cured of my corns by this remedy and I wish some more of it for my friends. So writes Mr. J. W. BROWN, Chicago.

Chicago.

The Best Pills.—Mr. Wm. Vandervort, The Best Pills.—Mr. Wm. Vandervort, Sydney Crossing. Ont, writes: "We have been using Parmelee's Pills, and find them by far the best Pills we ever used." For Delicate and Debiliated Constitu-tions these Pills are like a charm. Taken in small doses, the effect is both a tonic and the body, giving tone and vigor. Perfect and permanent are the cures by Hood's Sarsaparilla, because it makes pure, rich, healthy, life and health-giving BLOOD.

grandma.

This last is a most important and ready in time, and put in all the seeds useful question for any one under in fluence of a ruling passion to ask him self: "In what will this life 1 am now you'll give me, and give them time to grow," said the sturdy little fellow.

Then with a bright smile and a fond hug, he added : "I'm glad that old drawer stuck,

and I hope you'll excuse my rudeness grandma ; if I had known what I do now, I would not have exclaimed, 'Nothing but seeds !'"

ially announced this evening tha Andrew Carnegie, the millionaire nanufacturer, has donated to the new . John's Catholic church, of this city an organ that will cost not less than

The church is one of the finest in

000.

## Maltine With Cod Liver Oil and Hypo-phosphites.

thing curions about seeds, no matter how they are put in the ground, they

lay every seed just so, it would be an endless work, sure enough, wouldn't it, "Indeed it would," answered grandma ; "but just so surely as the good sed falls into good ground, from one end appears, before long, a little green

sprout, and from the other, slender white threads, the delicate little shoot struggles into the air and becomes the the distress these occasion.

CANADA SALT ASSOCIATION, CLINTON, ONT.

oleman's

Salt BEST FOR TABLE USE

course ?" Probably, if you be a young man, you will rely on your conscious ness of moral or physical strength, and answer, "Yes." Bat look into the few pages of life your experience has

### Carnegie's Gift.

fifty with a creditable business charac Johnstown, January 31 .--- It was offi mbler who had not brought ruin and robably disgrace on himself and his mily before he had reached that age an you find one young man who, rinning at twenty to pilfer from his mployer-in bank, or store, or work

Pennsylvanis, and was recently erected at an expense of little less than \$100,-

at best, hiding from justice in the lums of some foreign city?

as it goes.

Mattine with Cod Liver OII and II ypo-phosphites. Remarkable results have been obtained from the use of Maltine with Cod Liver OI and Hypophosphites in cases of emaciation associated with bronchial irritation and cough. The efficacy of cod liver oil in this class of affections has long been conceded, and combined as it is in this preparation with the hypophosphites (which affords a valuable stimulus to the nervous system), and with maltine (itself a food and recon-structive of the greatest value, lits usefolness is vastly increased. Furthermore, by the action of maltine starchy foods are more easily digested and in larger quantities, affording additional nourisheart for the re-placement of the waste of the body and for reconstructive purposes. If you are now using cod liver oil or any of the emulsions of this agent, weigh yourself, use Maltine for two weeks and observe the results. You will have gained both weight and strength, and relief from cough, bronchial irritation, and the distress these occasion. te will.

leceive yourself by the belief that an indulged passion will ever amble through life with you at an easy, jog rot pace. Its way is down-hill, and its speed becomes more and more rapid

If you find, then, any passion gainng a hold on you, and, and coming be

ween you and your work, break with t without delay, and with strong, reso-They should first of all be Catholic and so insist that their members prac-It will probably cause you sharp twinge of pain to do so ; but tice their religion as to go to Commun-

Do not

There never was a man or woman vet but what was bound to rise and ous man cannot wholly conceal his progress and climb, provided the yeast character, even when it is to his interprinciple was in their souls. As well est to do so. He may have fits of re-pentance, in which he is usually very ry to keep leavened dough flat as to keep a great soul down. Poverty never yet forged a chain strong enough eading end? Can I always keep up appearances-always steer a middle of reparation ; he may be his best self to hold a man prone, provided he was bound to rise.

for a while, when it "pays"; but he is shortsighted, after all, and superfic-Bach, in his extreme old age, in anial in his estimates, and slights and swer to the question how he came in offends where even worldly prudence possession of his great learning and should have warned him to win or the inexhaustible storehouse of ideas, conciliate. - Katherine E. Conway replied: "Through unremitting to have I obtained the preponderance "Through unremitting toil for which you have credited me. By A young man needs open air exer-cise, the recreation of the leisure hour, constant analysis, by reflection, and much writing I have continually imand the keen athletic training which quickens and disciplines the life, gives proved - this, and this only, is the secret of my success. him decision, vigor, and mastery of

#### Multiply Societies.

#### Every place should have its Catholic young men's society.

to a competition which nerves him for supreme struggles. This kind of These organizations will help to supreme struggles. This trut to a sport will put manly qualities into a youth—qualities which will honor his manhood. Men will not grow old, stale, stupid, and shuffle as they walk supply or to complete the Catholic education of their members, they will strengthen the ties that bind the young men to the Church, they will act as on the field or in the gymnasium, as participants, not as spectators. preservatives against evil resorts, they will develop a Catholic public spirit, will aid to form the next generation of fathers of families in the congrega

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