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ragrant and antiseptic liniment. It penetrates quickly, leaves no greasy residue, and is intensely refreshing. Only a few drops needed to do the work as Absorbine, Jr., is highly concen-

Real Help

THE FIFTH SUNDAY AFTER EPIPHANY

MERCY "Bearing with one another, forgiving another," (Col. iii, 13.)

We may well doubt if mercy dwells in our hearts unless we find it breaking forth into good deeds — "bearing with one another, forgiving one an other." Patience, forgiveness, kind-liness, practical charitableness, all

Interest practical characteristics, and spring from the spirit of mercy.

In this lite we have much to put up with. It is in the designs of God that we should have. "Bear ye one another's burdens, and so you shall fulfil the law of Christ." (Gal. vi. 2.) The defects, the shortcomings of others irritate and annoy us out of all proportion to their cause, on account of our own self-love. And they are so constantly recurring that they create a sore by continued fric-tion that seems impossible from so trifling a cause. These objectionable worries we have to put up with kindly and charitably, as we would have God to suffer us. If, without an effort or a prayer to control ourselves, we give way and become harsh, angry, contemptuous, censor ious, ready to pick a quarrel on the slightest provocation, are we chil-dren of God and followers of Christ? Where is the supernatural in our lives? Where is that which is mer iting eternal life? What a contrast are we to the long suffering and patient Redeemer! If God were as harsh and as easily provoked by us, where should we be? Whereas, on the other hand, if, in spite of many and constant failures, we endeavour to be patient and bear each other's burdens, we are fulfilling the law of

Not only have we to overcome our dislikes, but daily have we to for-give. How can we say the "Our Father "unless we do? "Forgive us our trespasses, as we forgive them that trespass against us" Every offence against us is not intended, for we are so quick to imagine slights and take offence; but still daily, we may say, there are com offences, injuries, slights, one against the other. And let us remember that we are as objectionable, and perhaps much more objectionable, to others than they are to ourselves. And as our Blessed Saviour indulgenely and times without number forgives us, so we must for give our neighbour. St. Paul bids us have "mercy, benignity, humility, modesty, patience; bearing with one another, forgiving one another. Even as the Lord hath forgiven you, so you also." (Col. iii. 12, 13) Continually, however, we hear from Catholics, and from people who think themselves good Catholics, "Oh, we cannot! It is every day and every hour, and no one has such annoy-ances as we have!" Where is the spirit of mercy in such a heart?

Practice makes perfect, and there-fore Almighty God allows these daily and hourly troubles to annoy us, that by daily and hourly passing over slights and affronts, and returning a kindly word for an ill-natured one, we exercise our mercy, humility, and patience, and so make it a virtue, a pious habit, pleasing unto God

and worthy of God's reward.

A splendid way of acquiring such a habit is remembering and visiting the poor and the sick and helping others. In the first place, we shall find those who have something to murmur at, as the world would say, far more contented and grateful to

tress—angels note it all, and that little act of mercy will return and find us and bless ue when most we need it. "Blessed are the merciful, for they shalf obtain mercy." (Matt. v. 7) "A merciful man doth good to his own soul." (Prov. xi. 17.)
Our mercy to others most efficaciously pleads to God for mercy for

ourselves. It is a compact between ourselves. It is a compact between poor sinners and the good God. Transpose the words. "Even as the Lord hath forgiven you, so you also," and make the Epistle say quite truly, Even as you have forgiven others,

There is an example that happened in the days of fervour, when men were brave and staunch and glad to die for the name of Christ. There was a certain priest, a strict an tearnest man, but who had forgot ten the lesson that we are trying to learn today. He was not mercital and forgiving. He was brought before the judge, and wen accused, spoke boldly of his Master, Jesus Christ. He was condemned to death, and went forth unflinchingly to his martyrdom. But in his heart there was this one sad fault: he had taken offence at a certain man, and would not forgive him. This poor man, hearing that the priest was to be put to death, ran in tears to meet him, and falling at his feet, besought his forgiveness ere he died for Christ. Oan you believe it? The priest refused, and with unkind upbraidings passed on; and bis poor friend followed sorrowfully, beseeching for one kind word. They arrived where

FIVE MINUTE SERMON the martyr's crown was waiting—the place of execution—but that wretched priest saw not the crown, will tell. wretched priest saw not the crown, but the instruments of torture. His soul turned craven, he abjured his faith, denied Jesus Christ, and saved his miserable life. Horror stricken, his friend came boldly forth, professed himself a Christian, and died to his stream of the same of th in his stead. Thus he gained God's it be before we shall be able to welforgiveness and the martyr's crown, which the priest had lost. That grace was wanting to him because he grace was wanting to him because he we trust. The collapse of the German war, we have a war well as and the state of the state of

> of love and pity; and the life of had begun in Europe.
> Christ and the death of Christ, how nobly did they fulfil His law! Let us Canada would seem to mobily did they fulfill file law! Let us imitate our Saviour, and make sure of heaven. Remember what St. Ambrose says: "I do not believe anyone has perished who lovingly in accomplished in the matter of military to the control of t life practised the works of mercy; for he has many, so many, good deeds interceding for him, and it is

GENERAL INTENTION FOR FEBRUARY

RECOMMENDED AND BLESSED BY HIS HOLINESS POPE BENEDICT XV.

THE SPIRITUAL WELFARE OF OUR SOLDIERS

in the world is not merely to teach her children how to live well, but also to aid them to die well. With the experience of centuries behind her, the Church knows how far the of their bodies, one might possibly steadying influence of religion can be satisfied with what will be done go in helping men to bear up under the great trials of life, and how strong and resigned it can make them when the last sacrifice is called War is one of those withering ordeals which test the souls of men; it plays with life and death as wind plays with the dust. We pray daily to be delivered from the scourge of war, but when the Suoreme Arbiter, in the accomplishment of His own designs, permits this ecourge to afflict mankind, the Church which He established on earth is ready to step in and play her role. No one knows they are flung into the flery furnace

of war. In the cataclysm which has been shaking Europe to its foundations during the past four years the Church was not found wanting in the fulfil-ment of her mission. Millions of ment of her mission. her children were under arms in both the Central and Allied nations, and the moment war was declared and those millions began to fly at one another's throats, her Supreme Pontiff and his auxiliaries in the belligerent countries set to work to provide them with the spiritual help which she alone can furnish. Hundreds of priests answered the call of duty and held themselves in readiness to follow the flags of their respective countries.

Here in Canada-to mention only the land that concerns us-while it able Government. was a thrilling experience for our fellow citizens, inured to peace for a hundred years, to be snatched from civil life and told to prepare for war, are not positively hostile, are at it was also a new and thrilling exchange the cassock for khaki. When our troop-ships began to cross the Atlantic, our chaplains accompanied the men, with instructions to share their dangers and, if need be, to notice our own petty troubles, and their thankfulness for little favours and blessing God for His good risk their lives to give them the sition; the record of our chaplains at ener thankfulness for little favous and blessing God for His goodness will make us blush for our querulousness and murmurings.

to say, those soldiers of Christ carried im munity at least. And yet in one of our Western provinces our Catholic clergy, instead of heing about the traditions of the Catholic clergy. asness and murmurings.

In fulfilling this obligation, which In fulfilling this obligation, which we cannot ignore, of helping our neighbour we fulfil the law of chartity, we bring to our own souls a sweetless and a reace that savour at their lives of them made the offering of the carries of their lives of them are the offering of the carries of their lives of them are the offering of the carries of their lives of them are the offering of the carries of their lives of them are the offering of the carries of their lives of them are the offering of the carries of their lives of them are the offering of the carries of sweetness and a peace that savour of God. And how easily a little help is given! A kind word, a short visit, even a look of sympathy and the friendly pressure of a band clasp, a prayer with those in sorrow or distance.

Several of them made the offering of their lives, others were wounded, all suffered privations in the spirit of self sacrifice and abnegation. When the history of the present war shall be written, el quent pages must be written, el quent pages must prayer with those in sorrow or distance. be written, el quent pages must needs record the heroism of our own Catholic chaplains who were found in the forefront of every battle, risking their lives in order to give a
last absolution to wounded men
about to appear before their Maker.
"Their intrepid courage in face of
peril," says a recent writer, "has
been a source of incalculable strength
to our armies and on many moment.

grace was wanting to him because he we trust. The collapse of the Gerhad no mercy and could not forgive, man war machine and the cessation Especially is mercy a Christ-like of hostilities will give them opporvirtue. The law of Christ is a law tunities to continue here what they tunities to continue here what they

The period of reconstruction in Canada would seem to have arrived. accomplished in the matter of mili tary hospitals for infirm men and of deeds interceding for him, and it is impossible for the prayers of so many not to be heard."

special schools for their re-education. A great deal is being done, even now, for the temporal welfare of returned soldiers and training in its various forms is being imparted in order that some provis ion shall be made for the livelihood and comfort of hundreds of thous ands of war veterans. This is the right kind of work, and no effort should be spared to g-t those men back smoothly into the grooves of civil life after the jolts of the past four years. And yet this is only one side of a very

thorny after war problem. The temporal welfare of Canadian sol-The mission of the Catholic Church the world is not merely to teach is not more important than their spiritual welfare. It men were mere brute beasts who have a right simp ly to what is required for the upkeep to meet their needs on reconstruction lines; but men have souls as well, and this spiritual element must needs to be cultivated not less than the material. Four years of life amid the desolation of war will have necessarily emancipated many returned warriors from the tram mels and exigencies of ordinary civilization. Their familiarity with scenes of bloodshed, the little value learned to put on human life, their own share in deeds of carnage, have undoubtedly made them callous to the finer social in better than she what men need when stincts and to the more fundamental matters of the soul. Vocational training may enable them to gain a livelihood but it will not necessarily modify their mental attitude to the only thing that matters, the in-terests of their immortal souls. Evidently something deeper is re quired than mere vocational training, something that goes to the very essence of things. Our scame in contact with that thing" on the battlefield. It is called Catholicism "; it is the influence which they saw gripping the souls of their dying companions, raising them above the sordidness of life and convincing them of the value they should put on things eternal. A religion that can do this is a valu able national asset and should claim the sympa hy of any reason-

Unhappily this view of an impor tant matter is not generally shared are not positively hostile, are at least indifferent to the interests of human souls and give such things little more than a passive concern. Naturally we do not expect much practical sympathy or help from our governing bodies, but we should at least not experience downright oppo rents, and our Governments, both Federal and Provincial, should rea-

been a source of incalculable strength to our armies, and on many momentous occasions has turned defeat into victory."

Butit was not merely in the frenzy of battle and amid the deafening din and clatter of German shells that the influence of our chaplains was felt and appreciated. Those who are selled with homesickness a disease that must be mot by rationce and

The value of mind is measured by the nature of the objects it habitu-ally contemplates.—Rt. Rev. I. contemplates. -Rt. Rev. J. L.

It is a great deal easier to do that which God gives us to do, no matter how hard it is, than to face the re sponsibility of not doing it.

Ob, for some voice brave enough and strong enough to reach the multi tude of ears now closed by vanity, frivolity and heedlessness, and preach to them the old Evangel, which tells how a woman's chief jewels are purity, tenderness, and truth; how she should be gentle and yet strong, gracious in her courtesy, considerate in her kindness, and firm in her constancy.-Christian Reed.

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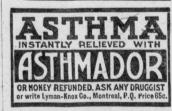
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