

FIVE MINUTE SERMON

BY REV. N. M. REDMOND
FOURTH SUNDAY AFTER THE
EPHAPHY

TRIALS ARE FROM GOD

And behold a great tempest arose in the sea, so that the boat was covered with waves, but He was asleep.

When one reads the gospel of today, at first thought it might appear to him that the storm was a matter of mere chance. But though to us events without number may occur, as it were, by mere chance, in reality there is no such thing. The storm, like almost innumerable occurrences that, as it were, appear to us freaks of chance, was the effect of a cause, both of which together, with the consequences, were eternally designed, foreseen, and decreed by God.

so many sources of pleasure. This, then, is precisely the view that we must take of all our sufferings, whatever may be their immediate cause. To take any other is not to be in harmony with the spirit of our models. Oh how happy will we be if thus we deport ourselves in the countless trials of our life!

TEMPERANCE

THE ONLY WAY TO ABSTAIN

Total abstinence from conviction is a good way, the proper way—in order to persevere. But this cannot be made an argument, much less a valid argument, against legislation to regulate, restrict or even prohibit the manufacture and sale of alcoholic liquors. Conviction depends on reason, on arguments; and such legislation, by making it more difficult to get drunk, tends to make the bibulous stop and think. It tends to make him think why such laws are enacted, that there must be reason or reasons for them.

A SOURCE OF STRENGTH

Most persons have an erroneous notion of law and its sanctions. Law is not a terror and oppression to men of good will, but a protection and source of strength. And the more exactly they are in force the more of a protection and strength are they to him. Manlike every other creature, tends to follow the way of least resistance. He is naturally self-indulgent; the path of self-indulgence is the way of least resistance to him.

ADVANTAGES OF FREQUENT HOLY COMMUNION

The continuity of the Catholic Church with the Christian Church of the first ages is proved by her fidelity to the command of Christ, "Do this in commemoration of Me." We receive the same Christ and the same Sacrament that His disciples received in the Holy Eucharist. In the first years of the Church we have St. Paul saying, "The chalice of Benediction which we bless is it not the Communion of the Blood of Christ; and the Bread which we break is it not the partaking of the Body of the Lord?"

armour against the snares and temptations of life. The spiritual life which is purity and tenderness and devotion (the flower of Christian life) has its root and source in the Blessed Eucharist. Let the Real Presence of our Divine Lord in the Holy Sacrament of the altar be a source of grace and blessing to all, and may we often receive the Bread of angels, the Author of life, to keep us united to our Saviour and as a pledge of our everlasting union with Him in Heaven.—The Monitor.

THE HOMEWARD TREND AMONG ANGLICANS

From The Lamp

The proposal is now taking definite shape to erect throughout England wayside shrines or crucifixes, in memory of the dead. This is a practical instance of the effect of Continental Catholicism upon the mind of the British soldier; for the idea is said to have been imported by him. Referring to this, the New York Sun says: "The frequency of those wayside shrines which dot the landscape of France still keeps alive in cruel times the savor of an Old World piety. These outward appeals to a primitive faith must needs awaken many thoughts in the minds of men who are thrown violently back on the elemental facts of life and death, and a clear visualization, however crude or casual, of the greatest Sacrifice in history cannot fail to touch the hearts of men who are challenging Eternity for the sake of others."

CHURCH UNITY

O sweet rainbow, yearned for long and dearly, That some day one only Church shall span: Dim and broken, and incipient merely, Yet not less God's covenant with man. We shall not behold thy perfect beauty, We shall never trace thy sevenfold power; Others be the triumph, ours the duty. Others be the sunshine, ours the shower. Show us, Lord, Thy works: our sons Thy glory. Yet ours all, though this be all we ask, May it be said, perchance in future story, That we men who then did Union's task. Men whom satire could not move and ban out, Men who would work on and would not cease: These were men who never said, "I cannot," These were men who prayed the Church to peace. Yes, we fling the dastard question from us, "How," spake Common Sense, "can this be done?" For we know the Everlasting Promise, "Father, Thy will is they shall be one."

AFTER-WAR PROBLEMS MUST BE SOLVED BY CHURCH

The outstanding need of complete organization of the whole body of study of Catholic principles in relation to the conditions of life around us, and of prompt Catholic action, were forcibly presented by Father Plater, S. J., at a meeting in London, recently. Father Plater said that it was not those who had lost money or had been physically crippled by the war that were most to be pitied. It was those whose ideals had been shattered by it. There were well meaning people who had set their hearts on social reforms with Christianity left out, with a sort of silly heaven on earth and un denominational Utopia. Everything such people had anchored their mind to had gone.

He went on to speak of the Catholic doctrines of Invocation of the Saints and Prayers for the Dead, and said that a leading Methodist Episcopal minister had told him that as a result of the war thousands of Methodists in the Dominion have been praying for the dead, an innovation for that denomination. And the Bishop added: "It would do us no harm to study other creeds, with a view to adopting the things worth while for ourselves."

ST. BLAISE

On this feast day the blessing of throats takes place. Now St. Blaise lived in the very early days of the Church. He was trained to be a physician, later he was a bishop and afterwards a martyr. Before the final tortures inflicted on him by the pagans took place, he lay for a long time in prison. On the way to prison, he performed a wonderful operation upon a boy who had a fish-bone caught in his throat. As a physician he effected many other cures, so remarkable for that period of limited medical information that they may be said to have been miraculous.

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no special opportunity at the present moment. I say that the Catholic opportunity is here and now during the war. Now, when the minds of people had been softened and were more susceptible to Catholic truth than ever before.

Painful Swollen Veins Quickly Relieved and Reduced

Mrs. R. M. Remier, of Federal, Kansas, writes an interesting account of her success in reducing a severe case of enlarged veins that should be encouraging to others similarly afflicted. She suffered with badly swollen and inflamed veins (in fact one had broken), for more than seven years before she became acquainted with Absorbine, Jr., and used it. Absorbine, Jr., was faithfully applied for several weeks and, to quote from her letter, "The large knots in the veins left, it was all nicely healed, and has not bothered me since."

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Actress Tells Secret

A Well Known Actress Tells How She Darkened Her Gray Hair With a Simple Home Made Mixture. Miss Blanche Rose, a well-known actress, who darkened her gray hair with a simple preparation which she mixed at home, in a recent interview at Chicago, Ill., made the following statement: "Any lady or gentleman can darken their gray hair and make it soft and glossy with this simple recipe, which they can mix at home."