FIVE MINUTE SERMON

BY REV. WILLIAM DEMOUY, D. D.

FOURTH SUNDAY IN LENT

THE VIRTUE OF HUMILITY

"Jesus, therefore, when He knew that they would come to take Him by force and make Him king, fled again into the mountains, Himself alone." (John vi. 15.)

Our Lord and Saviour Jesus Christ teaches no less by actions than by words. The duty of the Christian is not only to listen to His words of wisdom, but also to view His wise acts; and to learn lessons of vast importance from both. Christ is the model upon which every Christian must build up his spirituality, and according to which he must pass every day of his earthly life. If he puts himself too far off from this great Archetype, or fails to view Him when endeavoring to make of himself a true man, he will achieve nothing of lasting worth. United to Christ, the Christian becomes a veritable Christ himself; separated from Christ, he can accomplish nothing praiseworthy before his Heavenly Father.

One of the principal lessons Christ inculcated and taught by word and action was that of humility. He was God, and nothing that man could do to Him or for Him would detract one whit from His dignity or essence. Though, if man gave Him the honor due to Him, it would add what generally is called "external glory;" but even this, Christ did not search for. When offered to Him, He accepted it—not so much because of His own sake, but for the sake of the Christian to whom it would become meritorious. But He appeared not as God before the world. He came as man; thereby hiding, to a great extent—nay, in a certain sense, totally—His divinity. The reason for all this is evident. He came to save man, and in order to accomplish this work, it was necessary that He should suffer. This suffering was to be voluntary on His own part. He knew it to be the will of His Father, and He freely underwent even torture for the sake of that will, and to conquer accursed sin.

Man is different, though he may profess himself to be a Christian. If God has endowed him with some extraordinary talent, some transcendent quality, some exceptional natural trait, he wishes to shine by these lights before the world. Certainly God gave them to him for a purpose, but evidently He did not intend man to use them for his own interest. It was not the Maker's intention that man should place himself on a plane far above his fellow-men, by means of his gifts; but that he make use of them to serve mankind effectually and God humbly.

The truly great man is he who is blind to his own greatness, but openly awake to the good deeds that he realizes it to be his duty to perform. He may thank God—in the silence and secrecy of his own heart—that he has been blessed by Him in an exceptional manner; but, externally, he must show no sign of it. Nor need he think—if he use his talent well—that it will not, by its own power, illuminate the rest of mankind.

There are too many who attempt to build structures on other foundations than that of true Christian spirituality. As a consequence, by their very actions, they become repulsive to the true Christian. Their deeds shine not before the rest of the world, as lights to lead; but they cast gloom where light finds it difficult to penetrate. They look for honor; they esteem too highly the wavering love of other fellow beings like, or unlike, themselves: they desire their glory to be manifested here; and think little of whether or not a crown will await them in the world to come. Why is this so? Because they have chosen other models, and, if they have not despised Christ, at least they have neglected Him. Their own pride has been able to sway them, and it has blinded their view of the real lasting things of life and of the eternal glory beyond. They seem to bask in the faint sunshine of the pleasures of this life, content to struggle for a few more earthly things, and willing to die in the clasp of worldliness.

There was never a time more than today—and perhaps never in another country more so than in our own—when humility and its consequent virtues were so vital to the individual. This is an age of efficiency, of education of quick grasping, with means innumerable of working out one's temporal welfare. All this—while it serves usefully for the body—is liable to become most detrimental to the soul. He who with eyes open and mind unprejudiced casts his gaze over the multitudes around him will not fail to discern quickly that there is a great rush for the temporal and fleeting, and much slothfulness with regard to the spiritual and eternal. Perhaps it is for a time lasting; but undoubtedly there will come a day when the Almighty will strike, as with lightning, the great temple of wealth that is being built.

The work of Christ will not be in vain. His heavenly Father will have it so that, if people will not meekly stand at the foot of His cross and, with sympathetic compassion, kiss the sacred wounds of His feet and feel the influence of the dropping blood, they will experience the sharpness of the sword. For where an example so impelling will not lead, the stinging lash of an angered God must compel.

POPE BLESSES AGNUS DEI

RESTORES FULL SOLEMNITY TO CUSTOM OF FIFTEEN CENTURIES

When the Pope recently blessed the Agnus Dei in anticipation of the beginning of the Holy Year, he followed a custom which had its origin in the earliest Christian centuries. Moreover, he invested the ceremony with full solemnity, using the form prescribed for the ceremonial on the occasion of the beginning of a Pontificate, the ushering in of each five-year period and the inauguration of a Holy Year.

During the reigns of the immediate predecessors of Pius XI. the ceremonial was not always marked by the impressiveness of former years. Pius IX. during his long Pontificate blessed the Agnus Dei, only five times and this ceremony always took place in the Basilica of the Holy Cross of Jerusalem, in Rome. The last time was in 1870. From then until 1900 the Agnus Dei were no longer blessed by the Pope, but by the Papal Almoners or Sacristans delegated by His Holiness. Leo XIII. resumed the custom of the solemn blessing in the Holy year 1900, in the Consistorial reception on June 7, of that year. In 1903 while preparing for the ceremony he died. At that time the wax images were already prepared for the blessing and his successor Pius X. had them blessed by the Papal Sacristan in the Basilica of the Holy Cross of Jerusalem in Rome. In 1906 Pius X. solemnly blessed the Agnus Dei in the Sistine Chapel. Benedict XV. blessed them twice, both times in the Consistorial Hall, first on July 25, 1905, the Feast of St. James, after whom he was called, and on August 1, 1920. Pius XI. has already blessed the Agnus Dei once, on December 29, 1922, in the first year of his Pontificate.

PREPARED BY CISTERCIAN MONKS

The Agnus Dei, by virtue of an ancient privilege, are prepared by the Cistercian Monks of the Monastery of the Holy Cross of Jerusalem in Rome, with the wax supplied by the Holy Apostolic Palaces. They bear on one side the figure of the mystic Lamb and on the other the image of Jesus, the Blessed Virgin, or of some Saint who has special relation with the events of the Pontificate in which they are blessed. This year 1,000 pounds of wax were used in the sacred images added—because of the special occasion—to those already existing which are those of the Madonna del Portico whose centenary was celebrated last year, and of the Holy Door. Amongst the images which have already been used and which this time was also imprinted on the wax is that of Our Lady of Guadalupe in Mexico.

The blessing was both beautiful and symbolic. In the Sala Consistoro a small altar was erected to the right of the Papal throne. To the left were the large tables on which were placed the wax images ready to be blessed, and in front of the throne a large silver shell full of holy water blessed by the Sacristan.

The Pope after a brief prayer at the altar, ascended the throne and put on the pluvial and the mitre. Then he went to the shell of Holy Water and recited the prayers of the rite after which he poured into the water an ampulla of balm and then another of sacred Chrism. Then he mixed the three sacred elements with a large gilded spoon and finally blessed and incensed the wax figures. He then reascended the throne and took off the pluvial and put on a large white surplice and apron. He descended again to the shell and from the Abbot of the Cistercian Monks took the wax images which were presented to him on a large silver vessel, and gradually immersed them in the water. He then extracted them with the large gilded spoon while the monks presented other vessels to receive them, and deposited them on the side-board near the altar.

The Pope fulfilled the rite for a considerable number of Agnus Dei; then reascended the throne, while the Almoner and Sacristan Bishops continued to immerse and extract the remainder.

Not all the wax images were immersed the same day because there were too many. After the ceremony the water blessed by the Pope and the large silver shell were transported to the Basilica of the Holy Cross in Jerusalem where the Abbot and the monks during the next few days continued the rite.

FIFTEEN CENTURIES OF HISTORY

The blessing of the Agnus Dei has fifteen centuries of history. It was begun by the Archdeacon of the Roman Church in the presence of the Pope who personally distributed them on Sunday in albis. On that day during the singing of the Agnus Dei at the Solemn Mass the cardinals, bishops, priests, deacons and people filed before the Pope. The cardinals and bishops knelt and received two blessed wax figures from the Pope who deposited them on their mitres.

The distribution was repeated that same day at the Pope's Mass in the Lateran Palace. As soon as the Benediction was given, an acolyte presented himself at the door of the hall bearing a vessel full of Agnus Dei and advancing three times towards the Pope and in a voice louder each time announced; Domine, Domine, iste sunt ogni novelli alleluia! (Lord, Lord, these are the new-born lambs, alleluia!) Then the Pope took them and distributed them to his entourage and then put aside a certain number to send as gifts to sovereigns.

Preparation of the blessed waxes was carried out with great solemnity and regulated with the greatest care. There were attached a subdeacon and 21 acolytes who in the same Apostolic Palace fashioned the wax supplied by the Pope. Their meals were supplied to them from the kitchen of the Pontiff and dinner was always prepared for 25 persons in case anyone else might come in unexpectedly. The Pope every day sent from his own table "meliorem platillum suum plenum cibariis" (the best dish full of food from his table). But the discipline was very severe and during the work of making the Agnus Dei no one could leave.

The Agnus Dei were held in great esteem and when the Pope sent them as presents to princes and sovereigns they were received as a sign of special favor. The Popes themselves to prevent the Agnus Dei from becoming articles of gain or trade, through repeated Bulls forbade the making and selling of them and even the gilding of them.

Leo IV. sent an Agnus Dei in 796 to Charlemagne who greatly valued it. Urban V. sent one to the Emperor of Constantinople accompanying it with Latin verses he had composed which described its virtues. Sixtus V. more than once during his Pontificate sent them to many Christian princes. St. Louis, King of France, having received an Agnus Dei from the Pope, had a gold medal coined on which was imprinted the same image as was on the blessed wax.

THEIR MYSTICAL SIGNIFICANCE

The mystical significance of the Agnus Dei is described in the ancient declaration printed on the sheet of paper which accompanied the distribution of the blessed waxes, as follows: "These Agnus Dei are manufactured with pure white virgin wax, indicating the human nature of Christ taken through divine virtue in the very pure womb of the Virgin Mary without sin. On the Agnus Dei is imprinted the Lamb, the symbol of that immaculate Lamb which on the Altar of the Cross was immolated for the redemption of man. The blessed water used is the element through which in both the old and New Testaments God accomplished sacraments and miracles. The balm is now mixed in it which signifies the good perfume of Christ with which Christians must be perfumed in every act and every word. The sacred Chrism is infused which is used to prepare and consecrate other things particularly dedicated to divine worship, such as temples, altars, priests, and in which is recognized Charity, the noblest of all virtues."

This document also mentions the spiritual efficacy which the intention of the Church and the blessing of the Supreme Pontiff attribute to these holy wax images. They are blessed "because the faithful seeing and touching the image of the Lamb imprinted on them remember under that symbol the mystery of our redemption, and, feeling it, moved to gratitude, they bless the Divine Goodness, they love and venerate it, and have faith that in its grace they can obtain the forgiveness of sins and the purification of every stain."

Besides the Church in giving the Agnus Dei to the faithful desires and implores that they should be protected by God, in virtue of the sign of the Cross imprinted on them from the wickedness of evil spirits, from frauds, diabolic temptations, dangers of child-birth, from tempests and lightning, pestilence and contagion, from fire and floods and from any calamity, from the snares of men and demons, from sudden death and in a word from every evil and danger through the merits of the holy mysteries of the Life and Passion of Jesus Christ.

GENTLE CONVERT HELD FRIENDS

Washington, Jan. 30. — Mrs. Sophie Kremer Kernan, a gentle, happy little old lady, died here Tuesday in her ninety-first year. Three bishops, of two different faiths, expressed their sorrow at the loss of a personal friend; two universities mourned her almost as they would a beloved member of their own communities and scores of persons prominent in the Capital grieved at her passing.

Mrs. Kernan died a Catholic, a convert in her seventy-eighth year after she had reared three of her children as Catholics and lent her earnest encouragement when four other members of her immediate family returned to the Faith of their fathers. The esteem in which she was held and the unusual circumstances of her conversion won her—two years ago, a personal birthday blessing from the Vatican.

Born at Winston-Salem, North Carolina, Mrs. Kernan was the daughter of devout Moravian parents. Her mother was one of the first women of the South to organize a war hospital for the Confederacy, and a similar institution was later named for her. After being graduated from the old Salem Female Institute, the daughter taught there for a time, then was married to Dr. Thomas Dickinson Kernan, who was Stonewall Jackson's physician in his last illness.

Dr. Kernan's family had originally been Catholics, but when they moved to the South, with no churches available they had ceased to practice their faith. When the family came to Virginia, however, both Dr. Kernan and his father, with Mrs. Kernan's encouragement, resumed the practice of their Catholicity, and three of the children were reared as Catholics. Later, two more of the children were received into the Church.

At Easter time, in 1910, Mrs. Kernan, who had lived in Washington for sixteen years after her husband's death, herself became a Catholic, at St. Patrick's Church. Her conversion was not a result of a sudden conviction, but of gradual leaning toward the faith of her family. Until her death she retained the close friendship of Bishop Rondthaler, one of the two Moravian prelates in the United States.

Bishop Russell of Charleston and Bishop Turner of Buffalo also had been her warm friends for years. She had a faculty, by her tranquil, yet happy outlook on life and her intense and varied interests, of attaching friends to her. Thus, despite her age, she was known personally by almost the entire faculty of the Catholic University, near her home, and by many at Georgetown University, where a grandson was educated. Students by scores dropped in at her house for a word of bright wisdom from her, and on the occasion of her ninetieth birthday, she received more than a dozen telegrams from students of the two institutions in various parts of the country.

But while she was especially beloved by the university communities, she had many friends in other walks of life. Cardinal Gibbons knew and revered her, and sent her his autographed picture. At her last birthday observance, Mrs. Nicholas Longworth, daughter of Theodore Roosevelt, and Mrs. Woodrow Wilson were among those who sent felicitations. Hundreds of others joined in the Requiem Mass for her Thursday at St. Patrick's Church here.

MEDIAEVAL CUSTOM RESTORED

By Rev. Dr. Wilhelm Baron von Capitaine
(Cologne Correspondent, N. C. W. C.)

Muenster, in Westphalia, has just held a picturesque ceremony in which an ancient official, once essential for his services but now valuable only as a tradition beloved of the people and of strangers, was reinstated in his functions.

This functionary was the watchman who, with his predecessors, has for centuries announced the passing of the hours from the tower of the famous old Lambertus Church. When the difficult post-war days came, Muenster found that because of inflation, it had no money with which to pay the watchman, and he was discharged. There was a general feeling of sorrow at the passing of the old custom, which had a certain beauty, and strangers joined in this feeling. Now that stabilization has been attained, it was decided to restore the custom.

Civil and ecclesiastical authorities gathered as at some solemn function, when the watchman was officially reinstalled. A band accompanied the man to the old church, and the Lord Mayor and the Catholic pastor of St. Lambertus' spoke. Then the watchman and band mounted to the steeple gallery, where the musicians played as the ancient announcing of the hours was resumed. All officials who attended the ceremony were afterward presented with wine of the vintage of 1700.

So again the lantern will now be seen traversing the steeple gallery and the old mediaeval intonings will be heard: "Dear people, permit me to tell you that the bell struck 11, 12, 1, 2, 3, 4, 5." As with the curfew in England and the Couvre-Feu in France, the watchman here has also the function of watching for fire, and he intones time-honored admonitions to the people, often in rhyme. "As the night is dark and black, watch the children that they come back," he will sing, and "Darkness lies upon the earth, now take care of all your hearth." These old familiar words and sights now bring again their sense of peace and security to the Muensterites.

GERMAN SOCIETY USES BOSTON PLAN

Boston, Mass.—The Catholic Truth Society here, which conducts a lay apostolate "to the man in the street" by means of open-air and auto-van meetings, has received a communication from Leutesdorf am Rhein, Germany, saying that the Johannesbund, a German Society, has adopted the methods used by the American society. The letter adds that already the Johannesbund has sent two laymen, four laywomen and a priest to Berlin to conduct such meetings.

Acknowledging the receipt of the Truth Society's book "Campaigning for Christ" and other literature, the German writer says: "You have pointed out a modern way to attract the man in the street. By sending us from time to time short notices and suggestions you will make it possible for our German movement to profit greatly from the large experience you are having."

SAFETY FOR YOUR SAVINGS

WHEN you deposit with us you know that your Savings are secure. The ONTARIO GOVERNMENT guarantees that. You are also assured prompt and courteous service. No notice is required for withdrawals, and checking privileges are allowed.

Convenient Office Hours

THE PROVINCE OF ONTARIO SAVINGS OFFICE

TORONTO BRANCHES:
Cor. Bay and Adelaide Sts. 549 Danforth Ave. Cor. University and Dundas Sts.

OTHER BRANCHES:
Aylmer, Brantford, Hamilton, Newmarket, Ottawa, Owen Sound, Pembroke Seaforth, St. Catharines, St. Marys, Walkerton, Woodstock

"Your Own Depository"

For that cold you "can't throw off" drink Bovril

EDWARDSBURG CROWN BRAND CORN SYRUP

Known throughout Canada for its purity, its digestibility and delightful flavor.

Write for the EDWARDSBURG Recipe Book. CB-8

THE CANADA STARCH CO., LIMITED - MONTREAL

A Friend of the Family

FOR NEURITIS BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

Neuritis, Colds, Neuralgia, Headache, Lumbago, Toothache, Rheumatism, Pain

Bayer-Tablets of Aspirin — Genuine

Safe — Accept only "Bayer" package which contains proven directions.
Handy "Bayer" boxes of 12 tablets.
Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

BRITISH AMERICA ASSURANCE COMPANY
HEAD OFFICE — TORONTO
Incorporated 1833
Fire—Marine—Automobile—Burglary—Guarantee
Security to Policyholders—$1,981,642.19

TEA - COFFEE
Finest Importations always in stock at lowest market prices.
Samples and quotations sent promptly upon application.
Special attention given to requirements of institutions.
Kearney Brothers, Limited
TEA - COFFEE. IMPORTERS and SPECIALISTS
33 St. Peter Street Established 1874 Montreal, Que.

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis FOR ABSORBINE TRADE MARK REG. U.S. PAT. OFF.
will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. $2.50 a bottle delivered. Book 6 R free.
ABSORBINE, JR., for mankind, the antiseptic liniment for Boils, Bruises, Sores, Swellings, Varicose Veins. Allays Pain and Inflammation. Price $1.25 a bottle at druggists or delivered. Will tell you more if you write.
W. F. YOUNG, Inc., 199 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

Practical Training for Business and Industrial Executives
Business Management—
Personnel Organization—
Industrial Management—

THE success of the International Correspondence Schools in Business Training, as well as in technical subjects, has been due not only to the personal, problem solving method of instruction of which they were the originators, but also to the high business and professional character of the men behind the courses.

Among the more than 300 men who have contributed their experience and advise to the preparation of the I. C. S. courses are:—

J. LEE NICHOLSON, First President of the National Association of Cost Accountants; EDGAR P. TRASK, Assistant Naval Architect, The William Cramp & Son Shipbuilding Co.; CHARLES J. NASMYTH, F.A.A., C.P.A.; DR. OWEN L. SHINN, Professor of Chemistry, University of Pennsylvania; STANLEY RHOADES, Telephone and Telegraph Engineer, New York Central Railroad; J. H. KING, Research Engineer, Babcock & Wilcox Company, New York; BRADLEY STOUGHTON, Mining Engineer and formerly Secretary of the American Institute of Mining Engineers; S. G. WHITEHEAD, Special Traffic Agent of the American Express Company; A. HAMILTON CHURCH, the well-known industrial engineer; EDWARD P. MOXEY, JR., A.M., C.P.A., Professor of Accounting at the University of Pennsylvania, and DR. CLARENCE STRATTON, Director of English in the Cleveland Public Schools.

Whatever the course, if it is an I. C. S. course, you can be sure it represents the best thought of men who are leaders in that particular field and is drawn from their *practical* experience.

Why not at least find out what the I. C. S. can do for you? It takes but a moment to mark the work of your choice, tear out and mail the coupon printed below. There's no obligation and not a penny of cost, yet that one single act may be the means of changing your whole life. To day—no "Tomorrow"—is the day to take your first definite step towards Success

..... TEAR OUT HERE .....

INTERNATIONAL CORRESPONDENCE SCHOOLS CANADIAN, LIMITED
Department 15-24 Montreal, Canada

Without cost or obligation, please send me full information about the subject before which I have marked "X" in the list below.

BUSINESS TRAINING DEPARTMENT
☐ Business Management ☐ Industrial Management ☐ Personnel Organization ☐ Traffic Management ☐ Banking & Banking Law ☐ Accountancy ☐ Nicholson Cost Acc'ting ☐ Bookkeeping ☐ Business English ☐ Private Secretary ☐ Spanish ☐ French ☐ Salesmanship ☐ Advertising ☐ Better Letters ☐ Foreign Trade ☐ Show Card Lettering ☐ Stenography & Typing ☐ Common Sch'l Subjects ☐ High School Subjects ☐ Illustrating ☐ Cartooning

TECHNICAL and INDUSTRIAL DEPARTMENT
☐ Electrical Engineering ☐ Electric Lighting ☐ Electrical Wiring ☐ Mechanical Engineer ☐ Mechanical Draftsman ☐ Machine Shop Practice ☐ Railroad Positions ☐ Gas Engine Operating ☐ Civil Engineering ☐ Surveying and Mapping ☐ Min. Eng. or Metallurgist ☐ Steam Engineer ☐ Radio ☐ Airplane Engines ☐ Architect ☐ Contractor and Builder ☐ Architect'l Draftsman ☐ Concrete Builder ☐ Structural Engineer ☐ Plumbing and Heating ☐ Textile Manufacturing ☐ Chemistry ☐ Pharmacy ☐ Automobile Work ☐ Navigation ☐ Agriculture & Poultry ☐ Mathematics

Name.....
Street Address.....
City.....Prov.....
Occupation.....
If name of Course you want is not in the above list, please explain your needs in a letter.

21 Jewel STUDEBAKER
Direct from the Maker
Only $1.00 DOWN
America's greatest Watch value sent you for only $1.00 down! The balance in easy monthly payments. The famous 21-Jewel Studebaker Watch—
Insured For a Lifetime!
You may choose from 54 new Art Beauty Cases and 8 handsome dial designs. 8 adjustments—*to the second*—for heat, cold, isochronism and 5 positions. Sold *direct from the maker* at lowest prices ever named for equal quality. Mail coupon today for Free Book and Special Offer.
Watch Chain FREE
For a limited time, we are offering a beautiful Watch Chain FREE. Write now while this offer lasts.
WRITE FOR BOOK Mail the Coupon
Send at once and get a copy of this book—FREE! See the newest, beautiful advance styles in Studebaker Art Beauty Cases and Dials. Read how you can buy a 21-Jewel Studebaker Insured Watch direct from the maker—save big money—and pay for it in easy monthly payments. Get Free Chain offer while it lasts. Mail coupon today.
STUDEBAKER WATCH CO. of Canada Limited
DEPT. J 215 WINDSOR, ONT.

STUDEBAKER WATCH CO. of Canada Limited
Dept. J 215 Windsor, Ontario
Gentlemen: Please send me your Free Book of Advance Watch Styles and particulars of your $1.00 down offer.
Name.....
Address.....
City.....Province.....