means of man's salvation. This would not have been so had he in the beginning remained faithful to God—though even then it was to some extent necessary, for the command God gave our first parents contained a negative as well as a positive element. Since man sinned, however, and now suffers the con-sequences of his sin, he must abstain from certain things, as one of the principal ways of attaining his end. The commandments clearly express many of the things he must not do: he must not steal; he must not kill and so forth—a series of prohibitions that are familiar to every Christian. Conscience itself dictates to man that he must not indulge in everything for which his nature temporarily or habitually yearns. When he disobeys the com-mandments and the voice of his conscience, he sins, however strongly his inclinations may urge him on. To obey is not always pleasant to us, for often it requires sacrifices that nature rebels against making. Experience teaches us that we often fall because it is more pleasant, humanly speaking, to do a certain thing than to abstain from doing it. In like manner, it often is easier to do something that God commands than to abstain from something He commands us not to The things we are commanded to do often give nature satisfaction and we would do them even were we not under the command. But since doing certain other things forbidden by God pleases us more in our lower nature, we find it difficult to abstain from them. While all this is true, naturally speaking, God's grace aids us; and, on the other hand, it makes us feel the sweetness of obedience to God in the denial of our illustratives inclination. our illicit natural inclinations.

This is said of things that we

should not do because the commit-ting of them would be sinful. The Gospel suggests to us today the abstaining from things, not because they would be sinful in themselves, tions, practiced extensively among Christians, is fasting or abstaining out injury to himself. His hunger may not be satisfied and he may not have been given the things that best suited his taste. But as long as it does not affect his health, or deprive him of the strength he needs for his labors, it is good for his spirit. The Church no doubt also had in mind, when forming her laws of fast and abstinence, the fact that if a person learns to deny himself lawful things that he easily could have or that he is accustomed to have, the more readily will he forego the satisfaction he would get from certain unlawful things. To fast and abstain helps to strengthen the will; it curbs the desires of nature, and is a form of penance, as well as an antidote to sin. Because it is usually a little difficult, makes it become more meritorious. Nevertheless, it is also meritorious to those who finds its practice easy, because it is done in obedience to the command of the Church; and, even though it be not felt, it is a restraint on liberty, for

stringent in days gone by, because threathy viees have grown more life then was not as strenuous as it is today, and because the faithful were more inclined toward such practices. Today these laws bid as ordered by the bishop of the diocese, and the obligations upon Christians to observe them is serious. No one should presume to dispense himself from these laws. There are reasons why some should be dispensed, but they must apply to their pastors or confessors for this dispensation. And he who really can not fast should feel that it is only this reason that prevents him from doing it; and he should make up for it in some other way. After the sacraments there is scarcely any help that enables man to do God's will more willingly, more generously, and to abstain more joyfully from things forbidden, as fasting. There is a wisdom far above that of earth, in this law of the Church. Having before hereyes the example of Christ, the apostles, and the saints, the Church, with a complete knowledge of the needs and of the welfare of man's soul, imposes upon us the head of the church. Having before hereyes the example of Christ, the apostles, and the can be applied to the properly estimate these laws they and the serious chest of they the world. Is their an ungodly the difference to the car the can be sum good to the sum good of the sail their active an inconcerning as their active and they are taken at their natural protectors, the due to the day in the same properly stimulates where con the leaves the extend the same and they are taken at their natural ty m

city, country to country, without the least physical exertion on our part. In our houses, even when the least physical exertion on our part. In our houses, even when the light has set in, we live almost as by the light of day. We need not move from our home to converse with our relatives and friends—machinery, electricity, does it all. What is there we yet desire? Almost every comfort and facility that man could desire even in an age so enlightened in things material, he has within his reach. The forces of nature gradually are to light, and made to serve some constitution of the vicars of Christ! Mand made to serve some simply a place to sleep in and eat in low many Catholic parents, imbued with the spirit of the world, have lost control of their children, leaving more and more brought to light, and made to serve some them all, as he delights in saying, "for the good of humanity."

In the midst of our plenty, we must not forget the way of the cross, for in it alone is salvation. While earth offers us all we reasonably can desire, let us not fail to remember that God is asking us for something in return. We must not ever and anon indulge in the language of the dangers of living in it. One of the coming nation alby can desire, let us not fail to remember that God is asking us for something in return. We must not ever and anon indulge in the language of the dangers of living in it. One ple some craving to remain unsatisfied. The promised land is not the art plead. He will see the blight in the least bleed. He will see the blight of conform to the eternal decrees of the art make the evening endeated.

pel some craving to remain unsatis-fied. The promised land is not here, though it may seem to be; here, though it may seem to be; already descending on the souls of and we have a long journey yet to those who should, in a few short make through a desert. The Church gives us many opportunities of practicing self-denial; one is now at hand—the mortification of with the filth drawn from immoral our appetites. Surely, in some way, we can take advantage of it; nay, generously embrace it.

GENERAL INTENTION FOR MARCH

RECOMMENDED AND BLESSED BY HIS HOLINESS POPE PIUS XI.

PURE AND PROPER CONDUCT A few months ago cable despatches gave us the following bit of they would be sinful in themselves, but because to do so would help us in our fight against our unlawful hring great blessings selves at the Vatican. One of the desires, and bring great blessings selves at the Vatican. One of the upon us. One of these mortificadoor of the audience chamber and politely asked them to retire, not because their tickets were not perfrom certain amounts of food—
generally from the quantity that
ordinarily would satisfy the hunger
of a normal person. It is no, sin for
a person to eat until his hunger is
appeared. It is a duty for him to appeased. It is a duty for him to eat at least enough to enable him physically to perform his daily tasks; but it is meritorious for him to abstain from a part of it without injury to himself. His hunger may not be satisfied and he may not be satisfied a out injury to himself. His hunger come so accustomed to the methods may not be satisfied and he may and fashions of modern society that

obedience to the command of the Church; and, even though it be not felt, it is a restraint on liberty, for their various manifestations had a high cause.

The laws of fasting were more stringent in days gone by, because life then was not as strenuous as it is today and because the faithful to the

witnesses sights that make the heart bleed. He will see the blight movies, immoral books and im-moral magazines. He will see standing in groups after nightfall on street corners, puffing cigarettes, indulging in ignoble language, and leering at passers-by. Cities, even Canadian cities, under electric light, are not the same as cities under God's sunlight. light. Great white ways with their blazing lines of arc lights stretching out indefinitely, myriads of colored lamps proclaiming their attractions, brilliantly illuminated pool rooms and billiard halls, music sending forth its enchant-ments, gambling dens and theatres, moving picture shows-all these do not provide a propitious atmosphere for the up-bringing of those who are to be the fathers and guides of the coming generation. They are simply mills of destruction which grind health, honor, happiness, and hope out of thousands of young lives. The allurements and perils and pitfalls which surround our boys and young men at night in our cities provide a problem, the depths and whirlpools of which make

But there is something sadder still which meets one's eyes too often, and which should create many an anxious hour for Catholic parents. What more pathetic sight much more precious than all things properly estimate their own worth. But neglecting, or neglected by, their natural protectors, they unprize themselves by their conduct

one start back in horror.

FIVE MINUTE SERMON

BY REV. WILLIAM DEMOUY, D. D.

FIRST SUNDAY IN LENT

THE LAW OF FASTING

"At that time Jesus was led by the spirit into the desert, to be tempted by the devil ; and when He had fasted forty days and forty when He had fasted forty days and forty when He had fasted forty days and forty lights, afterwards He was hungry." (Matt.

Abstemiousness is one of the means of man's salvation. This would not have been so had he in the beginning remained faithful to the designing remained to the christian, let us thank dout talking about and talking about a Canadian Catholic homes in the past few years, but how many thousands have ignored the gracious invitation of the Vicars of Christ! Members of the League have very little excuse for neglecting the consecration of their families, for The

conform to the eternal decrees of

Trust Funds

"Put not your trust in money, But put your money in trust."

Under our care as your Trustee your property can be carefully conserved—funds kept continuously and safely invested-real estate managed and tax returns taken care of. We can thus save you much detail and worry always connected with the management of property.

Ask for Booklet "The Safe Investment of Funds"

TORONTO GENERAL TRUSTS CORPORATION

HEAD OFFICE: BAY & MELINDA STREETS, TORONTO

ERIN - GO - BRAGH

A Souvenir for Every Irish Home and to Send Friends

THE IRISH CANADIAN PUBLISHING CO.

St. Patrick's Illustrated Green & Gold Book LARGER AND BETTER THAN EVER

CONTAINS: Irish Stories, Racy of the Soil, Irish Fairy Tales, Irish Poetry, Irish Wit and Humor. Irish Songs and Music. Glimpses of Erin in Irish Illustrations. Ireland to-day Looking Forward. Order Now.

ROYAL PURPLE STOCK SPECIFIC

Let Us Put Money In Your Pocket Does the Saving of 25% they eat, which is turned into fat and muscle at no

of your feed now when feeds are so high mean anything to you? We can save this for you. Read carefully all we have to say about ROYAL PURPLE STOCK SPECIFIC—The Great Animal Conditioner.

Before going any further, we want to explain to you that ROYAL PURPLE STOCK SPECIFIC you that ROYAL PURPLE STOCK SPECIFIC is not a dope. It is made up of the pure herbs, roots, minerals, etc., required to make a high-class condition powder. We import and grind every ounce of material that goes into the manufacture of this Stock Specific, so we can guarantee it to be absolutely pure. We do not use a lot of cheap filler to make up a large package. We give you unadulterated Stock Specific, and a 60c package of ROYAL PURPLE STOCK SPECIFIC will last you as long as a \$2.00 size of most of the so-called Stock Foods.

When animals are confined to the steller device.

When animals are confined to the stables during When animals are confined to the stables during the winter months they do not get the same exercise as when roaming at large through the fields, consequently when their digestive organs are called upon to digest concentrated and largely dry foods which overtaxes the whole digestive system and, under ordinary circumstances, you are fortunate if they take 55% to 65% of the good from the food they eat.

ROYAL PURPLE STOCK SPECIFIC compels the animals' digestive organs to become active the same as when taking lots of exercise, thereby causing them to take 85% to 95% of the good from the food

extra cost to you except the small amount invested in ROYAL PURPLE STOCK SPECIFIC.

in ROYAL PURPLE STOCK SPECIFIC.

Mr. Wm. Falls, Belmont, Ont., has used this Stock Specific for many years. He keeps a large dairy herd as well as fat cattle. Last year he used four large \$6.00 tins, and this year, to date, he has had four and he expects to use at least eight tins. He claims ROYAL PURPLE STOCK SPECIFIC will do very thing we claim for it. will do everything we claim for it.
You cannot afford to be without ROYAL PUR-PLE STOCK SPECIFIC this season when all feeds

are so high in price.
With ROYAL PURPLE STOCK SPECIFIC results. Your cows will produce two to five pounds more

Your cows will produce two to five pounds more milk per day.
You can fatten your steers and pigs a month earlier than you possibly could without it, thereby saving a whole month's feed and labor.

It will keep your animals free from worms, and you can fatten animals you have never been able to put in good condition.

If you have never used it, try it on the worst animal on your place and be convinced.

If you have never used it, try it on the worst animal on your place and be convinced.

And a 60c package of ROYAL PURPLE STOCK SPECIFIC will last one horse or cow 70 days. A \$1.75 tin will last four, 70 days, and a \$6.00 tin will last 16 horses or cows 70 days; or 32 pigs 70 days. In buying the tins the cost is less than 1/2c per day for a horse, cow or two pigs.

Royal Purple Poultry Specific

Is entirely different from ROYAL PURPLE STOCK From our farm where we keep 3,000 birds, we can supply you with eggs from some of the best Bred-to-Lay Barréd Plymouth Rocks, White Leghorns and WhiteWyandottes on this continent, at \$2.40 persetting of 15 eggs, by mail, postpaid.

ROYAL PURPLE POULTRY SPECIFIC is ut up in 30c and 60c packages, and \$1.75 and \$6.00 ins. SPECIFIC. It works entirely on the digestive organs of your hens, compelling them to digest their food properly, the same as when taking exercise, and by using it you can get just as many eggs in the winter as in the summer, if your hens are being correctly fed.

Hatching Eggs and Chicks from the Royal Purple Poultry Farm.

We can also supply you with day-old Chicks from our very best Bred-to-Lay pens of Barred Rocks, White Leghorns and White Wyandottes, at \$30.00 per 100, or \$7.50 for 25, for shipment in April or May. Make deposit NOW of 25% to insure shipment.

ROYAL PURPLE STOCK and POULTRY REMEDIES and FOODS are sold by over 4,500 merchants throughout Canada, but if you cannot get your supply from your local dealer write, and we will give you a price F. O. B. your station.

The W. A. JENKINS MANUFACTURING CO., Limited, LONDON, ONTARIO

ROYAL PURPLE Fly Oil. ROYAL PURPLE Scaly Leg Oint ROYAL PURPLE Chick Feed

ROYAL PURPLE Scratch Feed.
ROYAL PURPLE Calf Meal.
ROYAL PURPLE Starter for Baby Chicks

Let the

Province of Ontario Savings Office Guard Your Savings



It is easy to open an account by mail. Simply send money by Bank Cheque, Post Office or Express Money Order, or Registered letter, to the Branch nearest you and you will receive your Bank Book by return mail.

ABSOLUTE SAFETY

The entire resources of the Province of Ontario guarantee the safety of your deposits, on which interest will be compounded half-yearly. You can withdraw your money by cheque at any time.

Province of Ontario Savings Office Head Office: 15 Queen's Park, Toronto

TORONTO BRANCH OFFICES: Cor. Bay and Adelaide Sts.

Cor. University and Dundas Sts. 549 Danforth Avenue

OTHER BRANCHES AT :

Hamilton, St. Catharines, St. Mary's, Pembroke, Brantford, Woodstock, Owen Sound, Ottawa, Seaforth, Walkerton, Newmarket and Aylmer.

Do You Want a Bigger Salary?

It does not matter what you are Today or what you were Yesterday. Tomorrow is your bright clear day of Opportunity. Nothing can keep you down if you really make up your mind to go up.

For Thirty Years, Canadians in thou-sands have profited from the vocational and academic training of the International Correspondence Schools. Clerks have be-come salesmen, advertising and business managers; mechanics have become fore-men, superintendents and engineers; car-penters have become architects, contractors and leaders in construction work; men and boys have risen from nothing at all to places of responsibility—because of I.C.S. Training.

Forget what you are today and decide on what you want to be. No man has failed until he admits it to himself. And no real man ever admits it. In just one hour a day—in the spare time you will never miss—you can fit yourself for a better job and a bigger salary.

This is all we age, without cost without

This is all we ask; without cost, without obligating yourself in any way, put it up to us to praye how we can help you. Just mark and mail this coupon. TEAR OUT HERE

INTERNATIONAL CORRESPONDENCE SCHOOLS CANADIAN, LIMITED Department 1560 C. Montreal, Canada

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

BUSINESS TRAINING DEPARTMENT

BUSINESS TRAINING DEPARTMENT

holson Cost Acc'ting ECHNICAL and INDUSTRIAL DEPARTMENT

Decupation

If name of Course you want is not in the above list
please explain your needs in a letter.









Steel Hospital **Furniture**

The Metal Craft Co. Ltd.