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FIVE-MINUTE SERMONS By the Paulist Fathers. reached in their Church of St. Paul the Apostle, Fifty-ninth Street and Ninth Avenue, New York.

THIRD SUNDAY IN LENT.

And when he (the unclean spirit) is come, is findeth the house whence he came out wept and garnished.—Gospel of this day. swept and garnished.—Gospel of this day.

This is the time of year for house-cleaning. The priest is the housekeeper of the spiritual chambers of the soul, and you know that especially in this season of Lent it is house-cleaning time for him too; and, I am sorry to say, that like many other housekeepers, he often finds he has a very dirty job on his hands.

It is astonishing what filth some people have to clean up in this heavenly springtime, both in house and souls. The good woman wonders where it all came from. While it was gathering in the dark and

While it was gathering in the dark and gloomy winter weather she did not see it gloomy winter weather she did not see it quite so plainly; but now, in comes the blessed sunshine, and shows it all up. She cannot help but see it now; and she is just as much ashamed of it herself as all her neighbors are disgusted at the sight. But if she has any respect for herself, or love for her husband and children, she plucks up courage, and out comes the broom and the scrubbing brush and pail, and at it she goes with courage and a good will; up on the chairs or tables to reach the dust-covered pictures and curtains, and the black cobwebs; and down upon her knees to get at the dirt that hides away in corners, and under things.

her knees to get at the dirt that hides away in corners, and under things.

Oh! what a scampering there is of cockroaches, Croton bugs and other bugs! But there is great virtue in soap and hot water and a strong elbow, and soon everything shines again and smells sweet and clean. And as she sits down to rest when the work is all done she explains. the work is all done, she exclaims: "Bless me! I never would have believed it if I hadn't seen it. Thank God, it is all over."

I began by saying that the priest was the house-keeper of the spiritual cham-bers of people's souls. I think I made a little mistake there. It would be better to say that everybody is his own houseto say that everybody is his own house-keeper of his own soul, and that he ought to keep it clean, not only for his own happiness, but for love of Jesus Christ, the Master, who says, and says truly, that it is His home, and that He wishes to dwell there. The priest is more like the virtue of the willing elbow, the scrubbing brush and the soap and hot water used to help clean up the souls of those people into which the bright sunshine of God's grace is shining during this Lenten season and compelling them to see what a dirty place it is, as all the neighbors have seen long ago.

But the sinner who wants a clean soul But the sinner who wants a clean soul is not discouraged. He says to himself: "It has to be done; and, with God's help, I'll begin right away." Off he goes at once to confession, wondering at the heap of fiith he has to clear up and hardly believing that there is soap and water enough—I mean, "wondering," as I heard of an old sinner saying: "if one priest could absolve all the sins he had to tell." He finds, to his joy, that there is plenty of soap and water to clean the filthiest house ever seen—that one priest can ab-

house ever seen—that one priest can absolve and impart God's forgiveness to solve and impart God's forgiveness to any truly repentant sinner, who means business, and really wants the house of his soul clean, so that Jeaus Christ, his Lord and Master, may come in and dwell there—who honestly wants to get rid of the thousands of horrid cockroaches and bugs of immodest thoughts and desires—to sweep out the profane curses and oaths which are as the dust in number—to brush down the cobwebs of sloth in his religious duties in the neglect of prayer and going down the cobwebs of sloth in his religious duties in the neglect of prayer and going to Mass—to cure the everlasting creaking noise of ill-temper and auger by putting the oil of forebearance and charity on the hinges of his or her tongue—to wash the greasy grime of drunkenness from off the windows of the soul, that their reason may see straight and clear again—to patch up those big rat-holes of stealing and cheating; to wash the inside of the cups and pitchers to wash the inside of the cups and pitchers and pans—the acts of their private as well as public life—and not let them tell such lies as they do by being clean only on the outside.

Oh! the joy and the comfort of such soul house cleaning as that! With what a full heart he thanks God that it is all over, and that the unclean spirit has gone out of him! How sweet and clean his

soul feels!

Now Jesus Christ may come in, and he is anxious to have him come in. He wants to receive Holy Communion without delay. Sinner that he once was, and glad to keep himself a stranger to Jesus Christ and His divine society; now, when that soul has had a thorough house-cleaning, he is impatient to receive Him and get His blessing and kiss of peace, and say to Him, "Come in, dear, neglected, forgotten Lord; I am not worthy that Thou shouldst enter under my roof, out only say the enter under my roof, out only say the word and my soul shall be healed!"

## What the Soul Demands.

What the Soul Demands.

Wherever we see a fountain springing out of the ground, we know that somewhere there is a higher source from which its waters are fed. That source may be invisible; it may be miles away, hidden from human eyes in some lone mountain tarn. But, however closely hidden, we know that it exists; for springing water never rises higher than its source. He whose faith has been shaken by the quibbling criticism of the shaken by the quibbling criticism of the day may find a similar evidence of the existence of Christ in the Christ-like among Christ's disciples; for goodness; like water, never rises higher than its source of supply. Every Christ-like soul—pure, loving, merciful, self-sacrifician is living than the self-sacrification. soui—pure, noving, merciul, sen sand ficing—is a living evidence of One higher —purer, more loving, more merciful, and more self sacrificing. Looking upon such a Christ-like soul the doubter can truly say :

Dear friend, because thou art I know He is,

Let a man realize that truth, and he is in a measure safe from skepticism.

Horsford's Acid Phosphate

IN SEASIGNESS,
Prof. ADOLPH Orr, New York, says:
"I used it for seasickness, during an ocean passage. In most of the cases the violent symptoms which characterize that disease yielded, and gave way to a healthful action of the functions impaired."

SCIENTIFIC TRUTH!

Regarding the Functions of an Important Organ.

OF WHICH THE PUBLIC KNOWS BUT LIT-TLE WORTHY CAREFUL CONSIDERATION.
To the Editor of the Scientific American:

Will you permit us to make known to the public the facts we have learned during the past 8 years, concerning disorders of the human Kidneys and the organs which diseased Kidneys so easily break down? You are condusting a Scientific paper, and are unprejudiced except in favor of Truth. It is needless to say, no medical journal of "lode" standing would admit these facts, for very obvious reasons.

H. H. WARNER & Co., Froprietors of "Warner's Safe Oure,"

That we may emphasize and clearly explain the relation the kidneys sustain to the general health, and how much is dependent upon them, we propose, metaphorically speaking, to take one from the human body, place in the washbowl before us, and examine it for the public benefit.

public benefit,
You will imagine that we have before
us a body shaped like a bean, smooth
and glistening, about four inches in
length, two in width, and one in thicklength, two in width, and one in thickness. It ordinarily weighs in the adult male, about five ounces, but is somewhat lighter in the female. A small organ? you say. But understand, the body of the average size man contains about ten quarts of blood, of which every drop passes through these filters or severs, as they may be called, many times a day, as often as through the heart, making a complete revolution in three minutes. From the blood they separate the waste material, working away steadily night and day, sleeping or waking, tireless as the heart itself, and fully of as much vital importance; removing impurities from 65 gallons ance; removing impurities from 65 gallons of blood each hour, or about 49 barrels each day, or 9,125 hogsheads a year! What a wonder that the kidneys can last any length of time under this prodigious strain, treated and neglected as they

are!
We slice this delicate organ open lengthwise with our knife, and will

roughly describe its interior.

We find it to be of a reddish brown color, soft and easily torn; filled with hundreds of little tubes, short and threadlike, starting from the arteries, ending in a little tuft about midway from the outside opening into a cavity of considerable size, which is called the pelvis or, roughly speaking, a sac, which is for the purpose of holding the water to further undergo of holding the water to lurther undergo purification before it passes down from here into the ureters, and so on to the outside of the body. These little tubes are the filters which do their work auto-matically, and right here is where the disease of the kidney first begins.

of the kidney first begins.

Doing the vast amount of work which they are obliged to, from the slightest irregularity in our habits, from cold, from high living, from stimulants or a thousand and one other causes which occur every day, they become somewhat weakened in their nerve force.

What is the result? Congestion or

weakened in their nerve force.

What is the result? Congestion or stoppage of the current of blood in the small blood vessels surrounding them, which become blocked; these delicate membranes are irritated; inflammation is set up, then pus is formed which colling to the colling of the collin membranes are irritated; inflammation is set up, then pus is formed, which collects in the pelvis or sac; the tubes are at first partially, and soon are totally, unable to do their work. The pelvic sac goes on distending with this corruption, pressing upon the blood vessels. All this time, remember, the blood which is entering the kidneys to be filtered, in massing through this terrible, dispust tered, is passing through this terrible, disgusting pus, for it cannot take any other route!

diseased or obstructed, no matter how little, that you can have pure blood and escape disease? It would be just as reasonable to expect, if a pest-house were set across Broadway and countless thousands were compelled to go through its pestilential doors, an escape from contagion and disease, as for one to expect the blood to escape pollution when constantly running through a disease kidney.

Now, what is the result? Why, that the blood takes up and deposits this poison as it sweeps along into every organ, into every inch of muscle, tissue, flesh and bone, from your head to flesh and bone, from your head to your feet. And whenever, from herod-itary influence or otherwise, some part of the body is weaker than another, part of the body is weaker than another, a countless train of diseases is established, such as consumption, in weak lungs, dyspesia, where there is a delicate stomach; nervousness, insanity, paralysis or heart disease in those who have weak nerves.

The heart must soon feel the effects of the poison, as it requires pure blood to keep it in right action. It increases its stroke in number and force to compensate for the natural stimulus wanting, in its endeavor to crowd the impure blood through this obstruction, causing pain, palpitation, or an out-of-breath feeling. Unnatural as this forced labor is, the heart must soon falter, coming weaker and weaker until come, it suddenly stops and death from appoint "heart disease"

is the verdict!

But the medical profession, learned and dignified, call these diseases by high-sounding names, treat them alone, and patients die, for the arterles are carrying slow patients die, for the arterles are carrying slow death to the affected part, constantly adding fuel brought from these suppurating, pus laden kidneys which here in our wash-bowl are very putrefaction itself, and which should have been cured first. But this is not all the kidneys have to do; for you must remember that each adult takes about seven pounds of nour-ishment every twenty four hours to up.

ishment every twenty-four hours to supply the waste of the body which is constantly going on, a waste equal to the quantity taken. This, too, the kidneys have to separate from the blood with all other decompaging matter.

other decomposing matter.
But you say, "my kidneys are all right,
I have no pain in the back." Mistaken
man! People die of kidney disease of
so bad a character that the organs are I have no pain in the back." Mistaken man! People die of kidney disease of so bad a character that the organs are rotten, and yet they have never there had a pain nor an ache!

Why? Because the disease begins, as we have shown, in the interior of the

kidney, where there are few nerves of feeling to convey the sensation of pain. Why this is so we may never know.

When you consider their great work, the delicacy of their structure, the ease with which they are deranged, can you wonder at the ill-health of our men and women? Health and long life cannot be expected when so vital an organ is impaired. No wonder some writers say we are degenerating. Don't you see the great, the extreme importance of keeping this machinery in working order? Could the finest engine do even a fractional part of this work, without attention from the engineer? Don't you see how dangerous this hidden disease is? It is luvking about us constantly, without giving any indication of its presence.

The most skillful physicians cannot detect it at times, for the kidneys themselves cannot be examined by any means which we have at our command. Even an analysis of the water, chemically and microscopically, reveals nothing definite in many cases, even when the kidneys are fairly broken down.

Then look out for them, as disease, no matter where situated, to 93 per cent, as shown by after-death examinations, has its origin in the breaking down of these secreting tubes in the interior of the kidney.

As you value health, as you desire long

secreting tubes in the interior of the kidney.

As you value health, as you desire long life free from sickness and suffering, give these organs some attention. Keep them in good condition and thus prevent (as is easily done) all disease.

Warner's Safe Cure, as it becomes year after year better known for its wonderful cures and its nowarower the kidney. ful cures and its power over the kidneys, has done and is doing more to increase the average duration of life than all the

the average duration of life than all the physicians and medicines known. Warner's Safe Cure is a true specific, mild but certain, harmless but energetic and agreeable to the taste.

Take it when sick as a cure, and never Take it when sick as a cure, and never let a month go by if you need it, without taking a few bottles as a preventive, that the kidneys may be kept in proper order, the blood pure, that health and long life may be your blessing.

H. H. WARNER & Co.

What is Catarrh?

Catarrh is a dangerous disease which thousands are consciously or unconsciously suffering from. It is a mucopurulent discharge caused by the presence of a vegetable parasite in the lining membrane of the nose. The predisposing causes are a morbid state of the blood, the blighted corpuscle of tubercle, the germ poison of syphilis, mercury, toxomæa, from the retention of the effete matter of the skin, suppressed perspiratoxomœa, from the retention of the effete matter of the skin, suppressed perspiration, badly ventilated sleeping apartments and the germination of other poisons in the blood. Irritated by these, the lining membrane of the nose is ever ready for the reception of the parasite, which rapidly spreads up the nostrils and down the fauces, or back of the throat, causing ulceration of the throat; up the eustachian tubes, causing deafness; burrowing in the vocal chords, causing hoarseness; usurping the proper structure of the bronchial tubes, ending in pulmonary consumption and death.

Many ingenious specifics for the cure of catarrh have been invented, but without success, until a physician of long

out success, until a physician of long standing discovered the exact nature of the disease and the only appliance which will permanently destroy the par-asite, no matter how aggravated the case. Sufferers should send stamp at once for descriptions and the stamp at once for descriptive pamphlet on catarrh, to the business manager, A. H. Dixon & Son, 305 King street west, Toronto, Canada.

—The Mail.

Bickle's Anti-Consumptive Syrup is a combination of several medicinal herbs which exert a most wonderful influence route!

Stop and think of it for a moment.

Do you realize the importance, nay the vital necessity, of having the kidneys in order? Can you expect when they are diseased or obstructed, no matter how little that you can have pure blood and little that you can have pure blood and attended with weakness of the digestive organs, or with general debility, seem to vanish under its use. No other remedy vanish under its use. No other remedy acts so readily in allaying inflammation or breaking up a severe cold, even the most obstinate cough is overcome by its penetrating and healing properties. When children are affected with colds, coughs, inflammation of their lungs, croup, quinsey, and sore throat, this Syrup is of vast importance. The number of deaths among children from these diseases is truly alarming. It is so palatable that a child will not refuse it, and is put at such a price that will not exclude the poor from its benefits.

"Whoop It Up."

Probably one of the most difficult com-plaints to doctor is whooping cough. When treated by ordinary means the poor victim is left to whoop it up as best he can. Hagyard's Pectoral Balsam gives relief in this as well as in all throat, bron-chial, and lung troubles. chial, and lung troubles.

MALADIES MULTIPLY ONE ANOTHER. A MALADIES MULTIPLY ONE ANOTHER. A simple fit of digestion may—especially if the constitution is not naturally vigorous—throw the entire mechanism of the liver and bowels out of gear. Sick headache follows, poisoning of the blood by bile ensues, and there is grave and serious disturbance of the entire system. Check the threatened dangers at the outset with Northrop & Lyman's system. Check the threatened dangers at the outset with Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure, the medicine that drives every impurity from the blood. Sold by Harkness & Co, Druggists, Dundas street. Ill-fitting boots and shoes cause corns. Holloway's Corn Cure is the article to use. Get a bottle at once and cure your

corns.

Much in a Little.

Hamilton Dowd, writing from Burns, Ont., says he was afflicted with chilblains which were very sore and painful and which nothing relieved until hetried Hag-yard's Yellow Oil; less than one bottle cured him.

Dr. Low's PLEASANT WORM SYRUP— An agreeable, safe and effectual remedy to remove all kinds of worms.

The Cheapest medicine in use is Dr. Thomas' Eclectric Oil, because so very little of it is required to effect a cure. Fer croup, diphtheria, and diseases of the lungs and throat, whether used for bathing the chest or throat, for taking internally or inhaling, it is a matchless compound.

Ornha M. Hodge Battle Creek Mich.

Ornha M. Hodge Battle Creek Mich.

Orpha M. Hodge, Battle Creek, Mich., writes: I upset a tes kettle of boiling hot water on my hand. I at once applied Dr. Thomas' Eelectric Oil, and the effect was immediately to allay the pain. I was cured in three days.

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DYSPEPSIA.

Variable Appetite, Faint Gnawing at Pit of the Stomach, Wind in Stomach, Choking Load from Food Undigested, Bad Taste in Mouth, Headache, Constipation, Foul Coated Tongue, Low Spirits, Wandering Pains—especially in Left Side,—Languor and Debility.

Too Hearty Eating: Eating too rapidly; Too free use of Stimulants; Too much greasy and animal food—gravy, pastry, cheese, pickles, etc.; Neglected Constipation; Bad Air; Lack of Exercise; Hurrying to Hard Work—either Physical or Mental—immediately after Eating, is the source of many Stomach Troubles.

CURE Regulate the Diet and Mode of Living; take active Exercise, but not too soon after of the lungs, chest, and these are ease even to the Coughs, colds, short-diffections of the chest, and expected affections of the chest, and constitution o as far as possible. Eating only plain nourish ing food. Milk or pure water is the bes drink. Take Burdock Blood Bitters, which Regulates the Bowels, Promotes Perfect Digestion, Makes Pure Blood, Tones the Stomach, Regulates the Liver and Kidneys, and thus Restores Perfect Health and Strength to the Debilitated System.

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Forms of tender, giving full particulars relative to the Supplies required, dates of delivery, &c., may be had by applying to the undersigned, or to the Indian Commissioner at Regina, or to the Indian Office, Winnipeg.

undersigned, or to the Indian Commissioner at Regina, or to the Indian Office, Winnipeg.

Parties may tender for each description of goods (or for any portion of each description of goods (or for any portion of each description of goods) separately or for all the goods called for in the Schedules.

Each Tender must be accompanied by an accepted Cheque in favor of the Superintendent General of Indian Affairs on a Canadian Bank for at least five per cent. of the amount of the tenders for Manitoba and the North-West Territories, which will be forfeited if the party tendering declines to enter into a contract when called upon to do so, or if he fails to complete the work contracted for. If the tender be not accepted the cheque will be returned.

Tenderers must make up in the Money volue of the goods they offer to supply, or their tender will not be entertained.

Each tender must, in addition to the signature of the tenderer, be signed by two sureties acceptable to the Department, for the proper performance of the contract.

In all cases where transportation may be only partial by rail, contractors must make proper arrangements for supplies to be forwarded at once frum railway stations to their destination in the Government Warehouse at the point of delivery.

The lowest, or any tender, not necessarily accepted.

L. VANKOUGHNET.

L. VANKOUGHNET.

Deputy of the Superintendent General of Indian Affairs.

Department of Indian Affairs.

Ottawa, 3rd March, 1886.

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Albion Block, Richmond St. Members are
requested to attend punctually. M. HABTMAN, Pres.. JAS. CORCOREN, Rec. Sec.

TRISH BENEVOLENT SOCIETY —The regular monthly meeting of the Iriah Benevolent Society will be held on Friday evening, 12th inst., at their rooms, Masonic Temple, at 7.30. All members are requested to be present. C. A. Siffi, President.

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