SUNDAY SCHOOL

The Quiet Hour

YOUNG PEOPLE

JESUS ASCENDS INTO HEAVEN.*

By Rev. Clarence McKinnon, D.D.

Peace be unto you, v. 36. In the stillness of the night, the dwellers at the head waters of the Bay of Fundy can some times hear the rush of the tidal "bore," as its waters chafe and fret between the as its waters chafe and fret between the narrow banks, hwirl round in sharp ed-dies and dash themselves against every obstruction. But by and by, the force of the incoming tide has spent itself, a smoothing ripple runs over the whole surface, and all the bay is at rest, and full from bank to bank. The rush of this world's business is like the inflowthis world's outsiness is like the misses ing tide, restless, foaming, swirling; but when Jesus breathes His peace upon us, it is like the full tide. The soul, us, it is like the full tide. The soul, filled to overflowing with spiritual joy, rests calm and quiet in the light of its

rests calm and quiet in the light of its Lord's gracious presence and in the strength of His omnipotent love. Why are ye troubled? v. 38. One tells of a lonely mountain pool near his home, with waters stagnant and black, which repelled the lonely climber from drinking, however great his thirst. At last accept the property of the land, and when it had passed, the pool had disappeared. But a little later, from the side of the mountain gushed a small stream of mountain gushed a small stream of clear, sparkling water, spreading fertility wherever it flowed. It was supposed that this stream was the water of the pool, clarified by the earthquake, and by being filtered through the rock. So, when the earthquake made the Lord's rock-hewn tomb to tremble and He came forth a Conqueror from its nar row confines, there flowed forth a stream of joy to gladden the hearts of men all round the world. And of that stream each of us may drink to his heart's con-

Behold my hands and my feet, that it I myself, v. 39. It was by the nail prints of His great sacrifice, in hands and feet, that His disciples were to reand feet, that His disciples were to re-cognize their Lord. Sacrifice, indeed, was the mark of His whole life. He turned His back upon self, and lived for others. He was like a gratu of wheat, which falls into the ground to die. But rich beyond reckoning has been the har. vest of blessing that he wou for mankind through His death. We want to make the most of our lives. In our best moments we see clearly, that there is nothing nobler, or, in the truest sense, happier, than to spend ourselves in the service of our fellowmen. It is thus that we shall attain to greatness in the king dom of heaven.

dom or heaven.

Ye are witnesses, v. 48. Take a prism, which is simply a triangular piece of glass, and place in it a small opening in a closely shuttered room, where the in a closely shuttered room, where the sun's rays can fall upon it. You will then see on the opposite wall all the colors of the rainbow, and in the exact order of their appearance in the rain-bow. The prism has separated the white ray of the sun's light into these seven different colors. Jesus Christ is called the Sun of Righteousness, Long ago He lived a perfect life here upon the earth; and now He wants each of His followers to show others, by their words and deeds, what His life was like. No one of us can show all the goodness and bea-uty of that life; but each of us can show something of these. And seeing Him in us, those around us will be led to love and serve Him.

*S.S. Lesson December 23, 1906. Luke 24:35653. Commit to memory vs. 46. 48. Read Matthew 28:16-20; Mark 16-14-20. Golden Text—While he bless-ed them, he was parted from them, and carried up into heaven.—Luke

Until ye be endued with power, v. 49. It is well known that the late Principal Grant of Queen's University, when a child, lost the fingers of his right hand through an accident in a hay-cutting machine. It is said, that, as he was being carried away, a little chum ran after him, crying by way of comfort, "Dinagreet (cr.) Georgie: I has the fingna greet, (cr.), Geordie; I hae the fing-ers." But those fingers, severed from severed from the living body, were helpless. Nor are we able witness for Jesus, our Lord and Master, until He gives us of His own power. But when we receive this, through faith and prayer, no task that He sets is too great for us.

Carried up into heaven, v. 51. In the days of the old Roman republic, when a days of the old Roman republic, when a general returned victorious from blood red battle fields, the senate voted him a triumph. He was borne in a chariot drawn by milk white steeds through the crowded streets: and as the procession advanced, it was the custom to filing from time to time handfuls of coin among the populace. Christ's work is done. From blood red Calvary and the prison house of the tomb He returns, and heaven accords Him the Conqueror's triumph. But as He ascends, He or's triumph. But as He ascends, He dispenses fresh bounties on His foldispenses fresh bounties on Has for lowers. "When He ascended up on high, He led captivity captive, and gave gifts unto men," Eph. 4:8. No earthly lead-er ever had so great riches to bestow, as those which our glorious Captain de-lights to levish upon those whom He has redeemed by His grace.

THE UNSEEN SHORE.

few who have watched me sail away Will miss my craft from the busy bay; Some friendly barks I anchored near, Some loving souls that my heart held

dear, In silent sorrow will drop a tear. But I shall have peacefully furled my

lies In moorings sheltered from storm

gale, And greeted the friends who have sailed

before

the Unknown Sea of the Unseen Shore. -British Weekly.

LIGHT FROM THE EAST.

By Rev. James Ross, D.D.

Jerusalem-The city of peace, was the centre of Judaism and the starting point of Christianity. It is a place of great stragegic strength and of marvelous historic interest. It stands on an elevated plateau on the central ridge of Palestine, surrounded on the east, west, and south by deep valleys, the sides of which slope upwards very steeply, and on the top of which the walls of the city were built. Only the north side required to be strengthened by artificial means, and only the norm sale required to be strengthened by artificial means, and the mountain passes leading to the city are very difficult of access to an invading army. Besides, it was a place where little water could be obtained by be-siegers, while its own vast subterranean. siegers, while its own vast subterranean rock-hewn cisterns were filled with a year's supply by the winter rain. It had a history of two thousand years behind it, and was the most sacred spot on earth to a Jew when Christ appeared. It has also been in later times a sanctuary of the Mohammedan faith and is called in the Arabic speech, "The Holy." The present city has a population of perhaps 60,000, more than half Jews, and nearly one-half of the inhabitants live outside the walls in the new city which outside the walls in the new city which has sprung up on the northwest corner

CHRISTIANITY APPLIED

By H. M. McClusky.

By H. M. McClusky.

Christ gave to the disciples and through them to the Church certain great principles as a working basis. But that is not all. He so clothed those principles with His own life that they were a part of Immell; and the disciples seing Him understood better how to apply them in their own lives. Afterward, when He could no longer be with them, He sent another, who could not only guide His followers, but enable them to rightly interpret Christ's words and live them under all the changing conditions incident to every generation. And so His people today, through the indwelling Spirit, are to work out those principles in their own lives, making them radiate and glow with God-given light; for Jesus suid to the disciples, "As the Father has sent me, even so send I you." If these things are true, how is it that the Church has brought disrepute upon herself by falling so far short of the standard set for her by her great head? Many of His people know about these commandments, but will not do them; they talk well and seem to be right; often it is difficult to believe that they are not all they seem to be—until the opportunity comes for them to do His will and His work; then, alas, how oblivious they are to their lofty ideals! Jesus said "He that hath my commandments and keepeth them, he it is that loveth Me." Sometimes it is fear in a Christian that keeps him from applying the words of Christ to his own life and to the circumstances which he is surrounded. The more worldly the atmosphere the more singular does he appear when he stands aboutely on the promises and word of God; but it the first grandes to not the read and solutive on the promises and word of God; but it the first grandes to not the read and solutive on the promises and word of God; but it the first grandes to not the read and solutive on the promises and word of God; but it the first grandes to promise in the first ment and the promises and word of God; but it the first grandes to promise and word of God; but it the first grandes the conten to his own life and to the circumstances we which he is surrounded. The more world's the atmosphere the more singular does he apnear when he stands absolutely on the promises and word of God; but it is the fined, grandest opportunity of one's life to thus he able to bear witness to the power of God in the Christ life. Often the timid ones hesitate lest they should fail when called upon to do some service in the Kingdom out of the ordinary routine, so refuse to obey and ose the rich olessing that always accompanies obedience. When one is called to a service in the kingdom, the power to accomplish it always comes with it, so none need fear. One may know the call of lines, the indwelling Holy Spirit, and if the command is for the glory of Christ. It is the work of the Spirit to glorify Jesus, and a message that has not for its purpose the glory of Christ is not from Him. We may know His will for List, and if the command is for the glory of Christ, and if the command is for the glory of Christ, and if the command is for the glory of Christ, and in the command is for the glory of Christ is unto from Him. We may know His will for Kalley and the shall know." So, dear friends, let un to separate our ideals and professions from the daily and hourly livings; rather let the life illustrate the truth even in its reality. The more difficult the conditions which surround one, the larger the opportunity to glorify Christ by absolute dependence upon His overcoming power. He is to be sought after and inquired daily; ees, moment by moment the Holy Spirit will teach us what to ask for and reveal to us His will, for it is His own blessed promise to those who trust Him, and when should one doubt? If God's pecole, even for one day, would seek only to do His will, what a transformation there would be in the world. Let each in dividual make a beginning today, and when tomorrow comes it will be another even at its will be atmusted to surrender self and to appropriate and apply these wonderful God-given truths. Anna, Ill.

DAILY READINGS.

M.—Many members; one body, 1 Cor. 12: 14-31.

T .- God's gift, Luke 2: 8-20.

W .- The widow's mite, Mark 12: 41-44. T., -- Give, Larke 6: 32-38.

.—Give proportionately, Lev. 27:20-34. Matt 23:23. S.—Give systematically, 1 Cor. 16:1.2. ,—Topics—Organization and Methods the Congregation, 1 Chron, 16:29; Num. 9:13. Ques. 52.