

been taught the Scriptures from his childhood. The reverence of his Jewish mother for the Word of God was transferred to her child, and his early life was impregnated with the spirit and teaching God's eternal truth—a favorable start for a successful career. May the young people of Canadian Methodist churches eagerly desire such equipment for the work of life; and even if they have not had the advantage of it in early days, may they see its importance and make amends for lost opportunities. Be rooted and grounded in the Word. It is the soul of all good character. But while Timothy's early life was surrounded by holy influences, it is likely that his education was a comprehensive one, and, as his father was a Greek, he would be introduced to that splendid literature which even up to the present day has never been excelled—then were the poets, historians, philosophers, dramatists whose names shine with bright lustre among the great ones of the earth.

THE RESULT OF IT ALL.

We would naturally expect much from such culture and training as this youth of Lynconia possessed. For culture and training are not alone for personal polish, and selfish ends. They are intended to issue in good to others. So the personal piety and intellectual culture of Timothy found an outlet in Christian work, in the dissemination of the Gospel, in the amelioration of the woes of humanity. Hence, in our early Epworth League, we discover what we might expect to find, the three great characteristics of the modern leaguers—personal piety, intellectual culture, and Christian effort. And, young people, "If these things are yours and abound, they make you to be not idle nor unfruitful unto the knowledge of our Lord Jesus Christ." (R.V., 2 Pet. 1: 8.)

SIDE LIGHTS.

1. The young should learn to know and love and obey the Bible.
2. Advantages of a knowledge of the Bible—(a) It communicates truth of immense value. (b) These truths cannot be obtained but by divine revelation. (c) Their knowledge is the noblest improvement of the mind, and the correct ethics for practical life. (d) It puts men in a position to be made wise unto salvation through faith.
3. Knowledge of Bible truth should lead to service for God and humanity. Such mental equipment should result in practical effort for the betterment of the world.
4. Note the three-fold purpose of the Epworth League—personal piety, intellectual culture, and Christian work. Not each one taken separately, but all combined in one individual is the ideal.

POINTS FOR THE PRESIDENT.

Request sentence answers a well advanced to be written on paper to the following questions—"In what way is Timothy a model for the modern leaguer?" It would be well to solicit a dozen volunteers for this purpose in order to make sure of a sufficient number of responses. Have some one prepare a brief sketch of the life of Timothy, dwelling particularly upon the work he accomplished for the cause of Christ. Help the Juniors in every way to feel at home with you. Arrange for a social time at the close of the meeting.

A Lost Conscience.

Many are making war against their conscience, and a large number have conquered. A man would be called a fool if he were in a dark mine or cavern and blew out the only light he had; and the one who kills his conscience is no wiser. When conscience rebukes, such a man suppresses it and excuses and palliates his sin. And this is repeated day after day, until conscience is throttled and

becomes quiet. It is a dreadful condition for a man to get into when he can do wrong and not feel ashamed; to do an injustice and not know it. What is wrong? That man's conscience was killed and he attended not the funeral, because he knew it not; neither did he miss it, because he had so little use for it.—*Rev. L. E. Keith.*

Open the Door.

Open the door, let in the air;
The winds are sweet and the flowers are fair.
Joy is abroad in the world to-day;
If our door is wide open it may come this way—

Open the door.

Open the door, let in the sun;
He hath a smile for every one;
He hath made of the raindrops gold and gems,
He may change our tears to diadems—
Open the door.

Open the door of the soul, let in
Strong, pure thoughts which shall banish sin;
They will grow and bloom with a grace divine,
And their fruit shall be sweeter than that of the vine—
Open the door.

Open the door of the heart, let in
Sympathy sweet for stranger and kin;
It will make the halls of the heart so fair
That angels may enter unawares—
Open the door.

—*British Weekly.*

A Young Man's Health.

Colonel Senn, a surgeon in the Spanish war, told a representative of *Men* why so many applications for admission into the army were rejected. The principal reason was general debility.

"The cause of this?" Well, I should say, a lack of natural sleep in most cases. It is not so much how a man is occupied during the daytime, but it is the loss of sleep and rest that makes the difference; young men suffer little from overwork. They ought to be asleep hours before midnight. If a man can give a good account of himself in the hours between 6 and 12 p.m., he will find improvement in his physical condition."

What Thomas Missed.

Will disciples who don't go to prayer meetings kindly read John 20: 19-29? Here an account is given of the first Christian prayer and conference meeting.

The ratio of attendance was much greater than is usual now, as all the disciples—Judas having gone to his own place—were present, excepting Thomas. He was absent, and apparently not excused. Perhaps it rained, or possibly he had an important business engagement; he may not have felt very well, or, after a tiresome day, may have felt the need of physical relaxation. At any rate, he was absent, and he missed a great deal.

In the first place, he missed seeing Jesus. For the Master came to that first prayer meeting and spoke at it.

In the second place, Thomas missed the mysterious gift of the Holy Ghost, which those present received from the Saviour.

In the third place, he lost his faith in Christianity. When the disciples next met him he had blossomed out into full-plledged agnosticism. He flatly refused to accept their united testimony, and declared that nothing

short of full scientific proof could ever convince him of the resurrection. What a price to pay for neglecting to go to one prayer meeting!

But it is substantially what the Christian of nowadays loses if he absents himself from the more intimate meetings of Christ's disciples. He, too, misses the vision of Jesus, the union of the Spirit, and the assurance of faith.—*Church Economist.*

Preparation.

"When shall I begin to prepare the lesson?" I should say the Sabbath before. When you go home from school, read carefully the verses selected for the next lesson; pray over it, asking God to give you wisdom to teach it in a manner that will do the most good. Select the truth you intend to especially impress. Then, as you are about your work each day, think over it; treasure up every precious thought, every little incident that comes to your notice which will illustrate what you want to teach. When you find a quiet hour and sit down and learn what you can about the lesson, take with you a Bible, concordance, Bible dictionary, all the other helps you can get, and writing materials.—*Primary Sabbath School Teacher.*

Thoughts about Amusements.

Let your recreations be lawful, not sinful.
—*George Washington.*

Recreation is intended to the mind as whetting is to the scythe, to sharpen the edge of it, which otherwise would grow dull and blunt.—*Bishop Hall.*

An old writer says those that seldom take lawful pleasure will take unlawful, and by lacing themselves too hard grow awry on one side.—*William Matthews.*

If you show me the style of a man's amusements and recreations, I will tell you what are his prospects for this world and for the world to come.—*T. D. Talmage, D.D.*

I am convinced, both by faith and experience, that to maintain oneself on this earth is not a hardship, but a pleasure. If it were live simply and wisely.—*Henry D. Thoreau.*

It is said that the Duke of Wellington, when once looking on at the boys engaged in their sports in the playground at Eton, made the remark, "It was there that the battle of Waterloo was won."—*Sammel Sailer.*

Study, meditation, society, and relaxation should be mixed up with man's physical toil. He has intellect, heart, imagination, taste, as well as bones and muscles; and he is grievously wronged when he is compelled to excessive drudgery for bodily subsistence.—*Aunt.*

The moment any form of recreation becomes indispensable to us, the moment that we find it diminishes instead of heightening our interest and delight in the regular duties of our daily lives, that instant we should check its encroachment upon our time, and, if need be, cut it off altogether.—*William De Witt Hyde, D.D.*

AN English judge, being asked how success was attained at the bar, replied: "Some succeed by great talent, some by the influence of friends, some by a miracle, but the majority by starting without a shilling." Necessity is a stern task-master, but an effective one.

THERE is a vast difference between being busy and being fruitful. . . . Our standards of work and idleness are in some need of revision, a revision which shall substitute character for mere activity, and measure worth and achievement by the depth and richness of nature shown.—*Hamilton W. Mabie, L.L.D.*