

convert was taught that he himself was a priest of God, and that everything he did was to be presented on the altar of a religious faith.

"Holy," not nominally, but really, cleansed from guilt, purified, not outwardly, but inwardly.

"Reasonable Service." There is nothing here required of us but what is perfectly proper and right. It is for our own good that we should do this. Gratitude requires expression.

QUOTATIONS.

We give to those whom we love, and to those who have done or suffered for us. Masters give pensions to old and faithful servants, and the King bestows medals on his faithful soldiers. If some one were to save you from drowning or fire, you would want to give something to show your gratitude. How much has God done for us?—*Homiletic Magazine*.

The Christian will say to his Lord: "Here I am; if you want to use my hand, use it; if you want to use my brain, use it; if you want to use my eyes, use them. All over, through and through, head to foot, I give them all to Thee." A living sacrifice in fact. A sacrifice that is willing to do right and right in every respect.—*Sam P. Jones*.

One of the most emphatic duties of the time is to help the world to come to physical health and soundness. The mere vision of this as intended by God for his children puts a new force of gladness into our piety, a new heart into our faith. As we look on to another world, where the inhabitants shall not say "I am sick," our duty in this world becomes plain, in this as in all matters, to labor for the establishment of the Kingdom of heaven on earth.—*Rev. A. McKennell*.

Regular open air exercise, nutritious food slowly eaten, abstinence from narcotics and alcoholic stimulants, the daily use of the bath and flesh brush, well ventilated and sunny living and sleeping rooms, an abundance of sleep at regular hours, the cultivation of cheerfulness and hopefulness and habits of regularity are the conditions of health and bodily energy.—*William Matthews*.

What right has any man or woman to defile the temple of the Holy Ghost? What is the ear? Why is it the whispering gallery of the human soul. What is the eye? It is the observatory God constructed, its telescope sweeping the heavens. So wonderful, are these bodies that God names His own attributes after different parts of them. His omniscience—it is God's eye. His omnipresence—it is God's ear. His omnipotence—it is God's arm. The upholstery of the mid-night heavens—it is the work of God's fingers. His life giving power—it is the breath of the Almighty. A body so divinely honored and so divinely constructed, let us be careful not to abuse it.—*T. De Witt Talmage*.

How is the body to become a sacrifice? Let thine eye look upon no evil thing, and it hath become a sacrifice; let thy tongue speak nothing filthy and it hath become an offering, let thy hand do no lawless deed and it hath become a burnt offering. But this is not enough, we must have good works also. Let us from our hands and feet and mouth, and all our other members yield a first fruit unto God.—*Chrysostom*.

ILLUSTRATIONS.

St. Paul's Cathedral glorifies Sir Christopher Wren, inasmuch as it is his idea. Man glorifies God when he realizes in his life God's ideal of a man.

When Pompey entered Jerusalem he entered the Temple. On reaching the vast curtain that hung across "the holy of

holies," into which none but the high priest could enter, he wondered what the dark recess could contain. He drew the veil aside, but the glory had departed and there was nothing there. How many men are like that! Temples without a God. All beautiful outside, but the glory is gone.

Some time ago an aged saint was being carried to his burial. He had been very poor and with indecent haste they were shuffling his coffin out of their way, as though glad to get rid of him, when an old minister who observed it said: "Tread softly for you are carrying a temple of the Holy Ghost."

SUGGESTIVE THOUGHTS.

Nowhere are disorder and neglect and sin more out of place than in a temple.

There is no consecrated edifice that is really so sacred as the body of a Christian.

If you are letting your lines rust, remember you are abusing another's property, for "ye are not your own."

The first essential to our glorifying God with our body is that we regard it with reverence. Equally with the spirit it is redeemed.

We must beware of thinking that religion is simply a spiritual matter, consisting only in a state of feelings and emotions.

Health cut off means life reduced in attractiveness and reality by five sixths.

What sensible carpenter thinks of going to work without seeing that his tools are in good condition. Yet this wondrous body of ours, which is our box of tools, how shamefully do we neglect!

The building of a perfect body crowned by a perfect brain, is at once the greatest earthly problem, and grandest hope of the race.

To become a thoroughly good man is the best prescription for keeping a sound mind in a sound body.

All possible health is a Christian duty, because all other Christian duties depend upon that.

PRACTICAL APPLICATIONS.

Respect for the body as the temple of the Holy Ghost should teach propriety of dress and manner, and even of bodily appearance.

We should watch over all our habits so as to keep the body in the fittest state to do God's will.

Cathedral builders used to spend much time and paint on the doorway so as to make it worthy of the building. The face is the doorway to the soul, and it becomes us to see that it does not discredit the temple.

We may glorify God by cleanliness, chastity, temperance, industry, cheerfulness, self-denial.

In the Old Testament very great stress was laid on keeping the body very clean, and even in the New Testament we have it united almost as one with faith and truth.

We are bound to take care of the health of the body, and we all know how a little disease can disturb our peace and joy, as illness stops work and gives pain and expense to others.

We are to present our hands by keeping them from violence and fraud, and putting them to honest work. Present our eyes by turning them away from all that would excite to unholy passion and fixing them upon those things that are pure and of good report.

It is a Christian duty to do all in our power for the relief of bodily suffering, both in ourselves and others, and to fight against pain and sickness in all their forms.

What It Means

Here is an interesting item furnished by the *Missionary Review of the World*. It is entitled, "How much shall I give this year to Missions?—A little argument with myself." (1) If I refuse to give anything to Missions this year, I practically cast a ballot in favor of the recall of every missionary, both in the home and foreign fields. (2) If I give less than heretofore, I favor a reduction of the missionary force, proportionate to my reduced contribution. (3) If I give the same as formerly I favor holding the ground already won, but I oppose any forward movement. My song is "Hold the Fort," forgetting that the Lord never intended that His army should take refuge in a fort. All of His soldiers are under marching orders always. They are commanded to "Go." (4) If I advance my offering beyond former years, then I favor an advance movement in the conquest of new territory for Christ. Shall I not join this class? I do believe in greatly increasing the present number of our missionaries, therefore I will increase my former offerings to missionary work."

Book Shelf

All books mentioned here can be procured from the Methodist Book and Publishing House, Toronto.

5,000 Facts About Canada. By Frank Veigh. The Canadian Facts Publishing Co., Toronto.

A remarkable little booklet containing in condensed and readable form an immense amount of valuable information about our own Dominion. It is sold for 25 cents and may be had from news-dealers.

Among the Unknowns. By Rev. Thos. Crosby. William Briggs, Toronto. Price, \$1.25.

This is a most interesting account of missionary work among the Indians of the southern part of British Columbia, with special reference to Mr. Crosby's own experience. A large amount of valuable information is given concerning the aborigines of our most Western Province, and presented in good style. Altogether it makes a very readable book. In the record of heroic and devoted missionaries of our church, Mr. Crosby deserves an honored place. We are glad to know that there is a probability of another book in the near future describing Mr. Crosby's wonderful pioneer experiences in Northern British Columbia.

"Fire and Frost." The Story of the Meadow Lea Tragedy. by E. Dussell; and "The Life Story of Tommie Boyd," by Rev. H. Wigle. Published by William Briggs, Toronto.

Two true stories bound together in one volume. The first gives the particulars of the Meadow Lea disaster on the prairie of Manitoba, during the winter of 1882, which resulted in the death of the Taylor family, by their being turned out on a cold night, through the burning of their home. They were all frozen.

The second tale is of a man who lost both arms and both feet by being frozen on the prairie. Notwithstanding this terrible handicap he has succeeded in making his own living, and it is simply wonderful what he is able to do. In another issue we may tell more about him. These stories will scarcely make good emigration literature, as they may possibly make the impression that Manitoba is an awful country in which to live when such tragic events take place. There are, however, some good lessons taught.