

# The Quiet Hour

## GOD'S TEMPERING FIRE

When he hath tried me, I shall come forth as gold.—Job xxiii.: 10.

When stern occasion calls for war,  
And the trumpets shrill and peal,  
Forges and armories ring all day  
With the fierce clash of steel.  
The blades are heated in the flame,  
And cooled in icy flood,  
And beaten hard, and beaten well,  
To make them firm and pliable,  
Their edge and temper good;  
Then, tough and sharp with discipline,  
They win the fight for fighting men.

When God's occasions call for men,  
His chosen souls He takes,  
In life's hot fire He tempers them,  
With tears He cools and slakes;  
With many a heavy grievous stroke  
He beats them to an edge,  
And tests, and tries, again, again,  
Till the hard will is fused, and pain  
Becomes high privilege;  
Then strong, and quickened through and through,  
They ready are His work to do.

Like an on-rushing, furious host  
The tide of need and sin,  
Unless the blades shall tempered be,  
They have no chance to win;  
God trusts to no untested sword  
When He goes forth to war;  
Only the souls that, beaten long  
On pain's great anvil, have grown strong  
His chosen weapons are.  
Ah, souls, on pain's great anvil laid,  
Remember this, nor be afraid!  
—Susan Coolidge.

Again I write to you as one of those who have been called aside by the Great Captain, who assigns each soldier his post in the long-continued warfare the Church is waging against evil. Though our business is to submit, instantly and unquestioningly, to the lightest command of the Master we have sworn to serve to the death, still He condescends to call us not "slaves," but "friends"—for a servant knoweth not what his Lord doeth. Though we should not hesitate to obey when we cannot understand, still—in loyalty to our friend—we should try to understand as well as obey, whenever possible. We should study His ways with others, and look into His heart and mind so that we may be able to see as well as know that His choice of our daily duty is both wise and kind.

Let us look awhile at the great mystery of pain from God's point of view, and see if we cannot take higher ground than passive submission, and learn to thank Him honestly and persistently for any cross He may have called us to endure.

In Susan Coolidge's poem, "Tempered" given above, men are described as weapons which God wishes to use in the great battle, and she shows the importance of the slow and painful "tempering" process. Surely those of us who are ambitious of the high honor of being used by God, will gladly place ourselves unreservedly at His disposal, so that we may become—at any cost—strong and capable. We don't want to snap or bend when we are most needed. We earnestly desire that He may be able to depend on our zeal and loyalty, and may have no occasion to warn us, as He did St. Peter, that we shall fail utterly when the trial comes. And one thing is very certain, there is no royal road to spiritual strength; we can never buy a character ready made. Though each beautiful grace of soul is God's gift, still we can only make it really ours by hard struggle—even as the Promised Land was a "gift" from God to the Israelites, and yet they had to fight for every inch of it.

One of the beautiful stories of the old mythology describes a young man who had set his heart on destroying a terrible three-headed monster that was doing awful mischief in the country. But he was well aware that to attack this mon-

ster, just as he was, would do no good. Its fiery breath would destroy him, and even if he should succeed in cutting off one of its heads, he would instantly fall a victim to the others. If only he could gain possession of a marvellous winged horse, there would be a real hope of victory. And so he waited beside the fountain where the flying horse sometimes came to drink, waited—patiently or impatiently—though often his eager, youthful zeal urged him to stop this apparently idle waiting, fling prudence to the winds and dash after the enemy. But he controlled his impatience, and waited until the horse was his, and then he was an adversary fit to grapple with his grim adversary. The story is a parable. We, none of us, will gain anything by dashing into the battle before God has equipped us for the fight. And as for this question of pain—pain of body, or heart, or spirit—when God calls us to endure it, He is forewarning us that the time will come when we shall stand in urgent need of the stored-up strength which only the endurance of pain can give us. And "endurance," if it is to be really valuable, does not mean a stoical submission to the inevitable. If we get "through" our hours of suffering in that foolish fashion, we shall be throwing away a rich jewel which God has hidden in a rough casket.



BUDDING BRANCHES AGAINST THE SKY

Only by taking the pain, moment by moment, from our dear Master's hands, and thanking Him for the gifts of patience, courage, tenderness, sympathy and trust which He offers us through it, can we make the most of the opportunity which pain offers. We want to grow strong, we want to pour out our lives in rich service—then let us be glad of pain and not waste this glorious opportunity.

May I not rejoice that God has given me pain to bear just now, so that I may have a new message to tell out to you? And we always touch the lives of others so closely that no one can be called to endure pain solely for his own perfecting. When God puts a soul into the furnace, that it may come forth purified and tempered, He intends to enrich the world. When a soul endures the fire with high courage and glad submission, he can do more good than a thousand sermons. Beauty and attractiveness of spirit, joy of soul and gladness of face are great weapons whereby any of us may extend Christ's kingdom on earth. We look and wonder, and are inspired to imitate. Think how our Leader's unselfish thoughtfulness for others in the midst of His own agony won the soul of the dying thief, though no word of exhortation came from those parched lips. How that self-forgetful Example puts us to shame! Except the one appeal for sympathy and help which proved Him to be no stoic, that cry, "I thirst!" which tells us that it is right to drop our pride of independence when we really need the kindly ministrations of others,

except that one cry which showed the Divine Sufferer to be near of kin to us—every word showed that He was thinking of people about Him or of God.

How that Example, as I say, puts us to shame! Do not our words show that we are thinking almost entirely about ourselves and our own pain? What a chance we are missing of becoming unselfish and brave, more swiftly than at ordinary times. I say we are "missing" the chance because that is what I am doing myself. Day after day has slipped away, and I have not been brave and patient and self-forgetful. It is so easy to preach, but quite a different thing to practice one's own sermons! My dear friends, though I have indeed failed to grow strong and patient through pain, please don't let my experience be entirely wasted. Take warning by my failure, and treasure the precious hours of pain that God deals out to you, remembering that they are in very truth priceless jewels and proofs of His tender love. Yours may not be pain of body, it may be a sharper pain still, a heart-sorrow that is hidden from all eyes but yours and God's. Perhaps that kind of pain is the best "tempering" of all, especially when it is a secret between you and the Great Refiner. It is not your business simply to "live through" it, nor to fight it down by hardening your heart until the pain ceases to hurt you, but rather to accept the pain as real pain, and draw out from it something that will enrich your life for all eternity. It can be done, and it is worth a struggle to do it. Shall we not make that struggle with all our hearts?

In the first place remember that peroxide of hydrogen is not a medicine or drug in the ordinary sense of the word. It is not medicine any more than air and water—natural elements in concentrated form.

Hydrogen is a colorless, inodorous and combustible gas. The chemical symbol being H. The chemical symbol of pure water is H<sub>2</sub>O. Peroxide of hydrogen is a colorless, limpid liquid like water. Its chemical symbol is H<sub>2</sub>O<sub>2</sub>, signifying that it contains two parts of hydrogen and two parts oxygen. Pure water is hydrogen two parts and one part oxygen. Hence peroxide of hydrogen is the same as pure water, except that it contains one part more oxygen than does pure water. The air we breathe contains one-fifth oxygen, or 20 per cent. Peroxide of hydrogen is oxygenated water. As we said another atom of oxygen having been added to water by decomposing barium dioxide in water with phosphoric acid; by agitation at a low temperature. So much for what it is. Now, for what is more important, what it does.

It is the greatest purifier known. A most energetic disinfectant. It does the work better than do the disagreeable and dangerous chemicals usually employed—such as a mercury bichloride carbolic acid, etc. There is positively no danger; it may be swallowed without harm. It is safe to keep about where there are children.

Infected wounds, putrid cavities, abscesses and all diseased surfaces may be treated with this to best advantage, it purifies and cleanses instantly, it oxidizes the poisonous matter energetically and renders the parts sterile. It does not injure any healthy tissue but it attacks the pus and that with considerable energy and bubbling, rendering it harmless. Its searching and penetrating properties are remarkable and interesting. Foul odors cannot exist in its presence. A solution of one ounce in a gallon of water makes a good disinfectant and deodorant. This makes a putrifying body wash after a bath. It may be used where the odor of perspiration is troublesome by sponging the armpits, hips and feet with it.

It seems remarkable that a substance so harmless, free from odor, color or poison could be so powerfully purifying, but when you remember that sunlight is also purifying, its actions may be accounted for. Used as a mouth wash it at once renders the mouth clean and fresh. Its continued use will keep the teeth like pearls, it reaches every crevice easily and purifies it. It makes a most excellent gargle in sore throat and a solution of a teaspoonful in half a pint of water is a good nasal treatment for catarrh and hay fever.

Cuts wounds, scratches, burns and every form of injury should be treated with it at once. It destroys the effect of contagion immediately and should be used in all cases before a wound is dressed. It cleanses and whitens the skin and nails. Into pus cavities of boils, abscesses, etc., it should be injected with a small syringe. This treatment should be continued until bubbling ceases. All bites of animals, of reptiles stings of insects, should be treated at once with this article. It is largely used on the hands of surgeons and nurses handling wounds, applied with a nail brush.

It removes sun burn, tan and many facial blemishes, and many forms of parasitic growths which cause pimples, and disfigurements may be done away with by frequent use of peroxide of hydrogen. This is no patent medicine advertisement. This article is neither patented nor secret, no manufactured goods are being advertised, all druggists carry it in stock, in bulk, and you can buy it anywhere, and the price is low. It bleaches the hair and clothing, so keep it away from anything but white clothes.

I know of no single thing which has so many healthful uses as has peroxide of hydrogen. Read this article and get a bottle of it and put it where it may be used many times a day, and when you have learned that all herein is true, you will be thankful for my insistence in making you acquainted with it. Family Doctor in an Exchange.

## "To everyone on earth

God gives a burden to be carried down  
The road that lies between the cross and crown.

No lot is wholly free;  
He giveth one to thee.  
Some carry it aloft,  
Open and visible to the eyes,  
And all may see its form and weight and size.

Some hide it in their breast,  
And deem it there unguessed.  
The burden is God's gift,  
And it will make the bearer calm and strong.

Yet, lest it press too heavily and long,  
He says, "Cast it on me,  
And it shall easy be."

HOPE

## PEROXIDE OF HYDROGEN

ITS GENERAL USE IN THE HOUSEHOLD.

A great deal of interest has been aroused by the references which I recently made to a practical disinfectant for home use. I told you of a simple and economical method of using formaldehyde and permanganate of potassium in such a manner as to thoroughly sterilize a room or house after smallpox, scarlet fever or any other contagious or infectious disease and that too without danger of ruining all of the paper or picture frames in it as is frequently done by the use of sulphur. I will now tell you of another good household remedy.