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OTTAWA, WEDNESDAY, Nov., 3 1909.

Since 1800 there have been 578 expeditions to find the North Pole, and 61 to the South Pole. If the money spent in these spectacular efforts to reach an imaginary spot, from which the practical benefits are illusory, had been expended in benefitting humanity what a world of good might have been accomplished

For a man to ask to be deposed from the ministry is an unusual circumstance. But Rev. G. W. H. Troop, son of Rev. G. Osborne Troop, of Montreal, has been deposed from the ministry of the Episcopal church by Bishop Harding, of Washington, at his own request, and has become a Unitarian. He is now occupying the pulpit of the latter church at Ottawa.

Mr. W. S. Calvert, M.P., and chief Liberal whip for Ontarlo, has been appointed to the place on the National Transcontinental Commission made vacant by the death of Mr. Robert Reid. Mr. Culvert's business ability and long experience in public life well fit him for the efficient discharge of the duties develving upon him as a member of the Commission.

The Lord's Day Alliance has lost a test case that it brought against A. B. Charron, of Alymer, Que, for keeping a moving picture show open on Sunday. Magistrate Rainville, of Hull, dismissed the case with costs, declaring that he could not find anything in the statutes which would justify conviction as a moving picture exhibition could not be classified as a labor, a busines or a theatrical performance. An appeal will be taken by the Lord's Day Alliance.

ABOUT PREACHING.

The greatest preachers are those who have sought hardest to make the simplest understand. The strong temptation to the man in the pulpit is to attract the attention and win the applause of the learned, or please the proud and wealthy with plous platitudes. Some plain truth relating to man's salvation, told in the simplest, tenderest manner, will take deep hold, be long remembered, and do more good than the sententious, dogmatic discoursing on high subjects of metaphysics which may be controverted and so engender strife and passion.

Says an ancient doctor, who used to preach before princes: "Cursed are preachers that in the church aim at high and hard things, and neglecting the saving health of the poor, unlearned people, seek their own honor and praise, and therewith to please one or two ambitious persons. When I preach I sink myself deep down. I regard neither doctors nor magistrates of whom are here in this church above forty; but I have an eye to the multitude of young people, children and servants, of who have more than two thousand. I preach to those, directing myself to them that have need thereof. Will not the rest hear me? The doors stand open unto them; they may be gone. I see that the ambition of preachers grows and increases: this will do the utmost mischief in the Church, and produce great disquistness and discord; for they will need teach high things touching matters of state. thereby aiming at praise and honor; they will please the worldly wise, and meantime neglect the simple and common multitude."

It is not meant that people are never to be taught of the doctrines of the Church, and that each preacher should invariably confine himself to subjects strictly practical. But this should be the rule and in most cases, when doctrines are to be discussed, it ought to be done in the simplest langauge, and after a direct though considerate style. High-sounding phrases and lurid disputation and fire-eating declarations are not suited to the pulpit.

The Gospel tells of salvation. Let the preacher so shape his life and utterances as to put the "good spell" around those who see and hear him, and his best rejoicing at length will be because his name is written in Heaven.

The Government is to be congratulated on the appointment of Hon. R. F. Sutherland, M.P. for North Essex, ex-speaker of the House of Commons, to be a judge of the Exchequer division of the Hugh Court of Justice of Ontario. Mr. Sutherland's career as a public man has been such as to earn for him a very high place in the esteem and confidence of his fellow citizens; and there is no question as to his absolute fitness for the eminent position to which he has been called.

At a meeting of the Lanark United Free Presbytery in Lanark, Rev. Alexander P. Davidson, of Stirling, Scotland, registered his charge because his congregation only numbered thirtyeight, and he considered he had too little work to do.

STUDYING CHRIST.

The ancient philosopher who started on its travels down the centuries the pregnant maxim, "Know thyself." did the world a great and abiding service. Nothing would surprise many people more than to be made acquainted with themselves as they actually are, and to recognize, with the unerring glance of a'solute truth, the proportions of the evil within them as compared with the good. Probably there is not a living man or woman who could not be enlightened thus, and who would not be surprised. The duty of honest patient study of one's self is not performed, or even admitted, by many of the very people upo whom it rests most weight-

This side of the truth should not be overlooked for a moment. Yet there is another side which is even more important. The study of self is necessary in order to learn one's temperament, inclinations, and powers, and also one's weaknesses and faults. But the study of self as a model is ruinous, and there is a degree of self-study which is almost as dangerous when we are comparing ourselves with an external pattern, even the highest and best. Here is where the truth in question applies specially to those who are trying to live Christian Ilves.

It is better to study Christ than ourselves. It is wiser to fix attention upon what we desire and strive to be, than upon our failures. Absolutely we need to study ourselves. To study Him, in His character and life, with reverent, loving thoroughness, is also to gain light, clear and full, upon our own shortcomings, yet in such a maner as to keep before our minds the hopeful aspects of the case, and to prevent the morbidness which constantly overshadows some believing, yet desponding spirits.

Studying Christ works in both ways. It teaches the careless, who never have taken pains to become familiar with their real natures, to attend to this duty, because it is impossible to cinsider His perfect holiness without heing made sensitive to one's own lack thereof, both generally and in detail. Yet, on the other hand, it encourages the depressed who have dwelt too exclusively upon their own sinfulness by reminding hem of his victory over evil, and of his constant sympathy and helpfulness for his children in striving for the same. It is the wise, safe, right course to pursue in any and eevery phase of Christian experience. It is our highest wisdom here; probably it will be our most exalted joy hereafter.

A movement has been started in London that promises to be influential. It is called the Church and Medical Union, an organization of medical men and ministers of various religious denominations. The object of the association is to fight the dangers of Christian Science, and to fight it "with its own weapons"; whatever that may mean.

The name of the Rev. Dr. M'Adam Muir, of the Cathedral, Glasgow, is mentioned in connection with the forthcoming nomination of a Moderator for the next General Assembly of the Church of Scotland.