

PUBLIC WORSHIP.

The first duty of every person who has any religious belief is to attend the services. Giving for the support of God's cause is another duty. The responsibility of discharging these duties according to his ability rests with each individual. It will not do to say that you will not be missed. Every one's example is worth something. No man can free himself from the relations he bears to society at large. Regular attendance at public worship is the casting of one's influence on the side of religion with all that the word implies. Habitual absence from church is a blow aimed at all that makes life beautiful and good. Those who have not much to give in the way of money can feel that in always being present at the services of the church they are yielding a support that counts largely towards the church's strength and growth.—*Spokane Churchman.*

The poet Burns says: "Dyspepsia is the devil." It is, but where he assumes this form he is easily gotten rid of by K. D. C. Use K. D. C.

WHAT TO KEEP LISTS OF.

Keep a list of your friends; and let God be the first in the list, however long it may be.

Keep a list of your enemies; and put down the "old man" and the "old serpent" first, and pray for all the rest.

Keep a list of your sins; and let the sin of unbelief be set down as the first and worst of all.

Keep a list of your mercies; and let pardon and life stand at the head.

Keep a list of your sorrows; and let sorrow for sin be first.

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Remember, whatever warrant you have for praying, you have the same warrant to believe your prayers will be answered.—*Phillips.*

An Eastern proverb says: "He is miserable once who meets with ill-fortune, but twice who fears it before it comes."

Perhaps you have never heard of K. D. C. Many dyspeptics have heard of it, tried it, and have been cured by it. It will cure you too. Try it K. D. C. Company, Ltd., New Glasgow, N. S. Canada.

DAILY ought we to renew our purposes, and to stir up ourselves to greater fervour, and to say, "Help me, my God, in this my good purpose, in Thy holy service, and grant that I may now this day begin perfectly."—*Thomas a Kempis.*

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THE TEACHERS' ASSISTANT.

TO EXPLAIN AND ILLUSTRATE

"The Canadian Church S. S. Lessons."

AUTHORIZED BY THE

Inter-Diocesan Sunday-School Committee

APPOINTED UNDER THE AUTHORITY OF THE

SYNOD OF THE ECCLESIASTICAL PROVINCE OF CANADA.

Published every four weeks by the Sunday-School Committee of the Diocese of Toronto.

THE ADVENT NUMBER, ISSUED 15th NOVEMBER, BEGINS THE EIGHTH VOLUME OF THE TEACHERS' ASSISTANT, a periodical intended to help our Sunday-School Teachers in their work for the Church, and to form a bond of union and a means of communication between those who, though divided by the bounds of parishes, dioceses, and even Ecclesiastical Provinces, are still one, members of the one Holy Catholic Church, and fellow-workers in the one good work of feeding her lambs.

The need for such a Magazine was abundantly demonstrated before its publication was undertaken, and the difficulty of supplying that need was not underestimated. The result, however, has been most satisfactory and encouraging. From every quarter come testimonies to the helpfulness, and indeed to the indispensability of the "TEACHERS' ASSISTANT."

This year it will, we hope, be better than ever.

The Inter-Diocesan Sunday-School Committee (at the suggestion of many Sunday-School workers who feel that the satisfactory teaching of a double lesson within the limits of a Sunday-School Session is a practical impossibility), have this year given us but one set of lessons; and these are a happy combination of Bible and Prayer Book, "The Teachings of the Church's Year."

Already the Church of England Sunday-School Institute, and the Inter-Diocesan Committee of the American Church have found that two sets of lessons cannot well be taught at a single Sunday session, and both have adopted the single lesson plan, now for the first time to be put in operation in Canada.

The "Lesson Sketches" are by the Rev. A. Cluny Macpherson, author of the well-known Manual "Lessons on the Book of Common Prayer."

These are accompanied by a series of "Side-Lights and Illustrations on the Lessons," prepared by the Rev. Robert Resker, Vicar of Parlooy, in Surrey, a well-known and welcome contributor for several years past to the Church of England Sunday-School Institute Magazine.

It is confidently hoped that the Lesson Sketches for 1893-4, will be found in every respect equal, if not superior to those which during the past seven years, have appeared in the pages of the "TEACHERS' ASSISTANT."

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