

inscribed thoughts, purposes, desires and deeds that will lift the life to a higher plane of artistic adornment than a sonata of Beethoven or Dante's *Paradiso* can boast of. With the sum of the years thus beautified and glorified, time's masterpiece has been produced. Aesthetic effort has reached its finest flower.

Seaforth, Ont.

Rest

By Rev. J. H. Turnbull, M.A.

Rest, like all the other good gifts of God, is something to be possessed in the present, as well as anticipated in fuller measure in the future. One of our well-known hymns has this suggestive line, "Fixed on that blissful centre, rest." This is a true idea well expressed. There must be in every life a centre of rest; and this is true in several aspects. In the normal, healthy, physical life, there must always be a restful centre to give poise and coherence to all the life forces. Under severe strain or nervous breakdown, we have seen this centre disturbed. Everything is unchained and agitated. All the forces of the body have escaped from control, and assert themselves in all their distracting activity, much to the detriment of the life generally. There is no balance to the nature, no rallying place for its forces; its powers have become a disorderly rabble, and the battle it was wont to wage, a confused rout.

Rest is the foundation of everything. The warrior must first possess himself in peace, before his presence can be anything but a distraction. We all know what an advantage that man has in any contest, who, in common language, "keeps his head." An opponent, though stronger and wiser, allows himself to become agitated. There is no zone of quietness in him; he expends his energies in wild and fruitless demonstrations, his tongue speaks rashly and inadvisably, and he is soon at the mercy of his restful antagonist. We demand of a public speaker animation, energy, enthusiasm, but if he has no restful centre, which holds every power and utterance in check, he is counted little less than a madman. Where restfulness is absent, we become physically weak, or intellectually, raving lunatics.

Now, it is to supply in our spirits this poise and restfulness that Jesus comes. In Himself He manifested this quality in a marvelous degree. A thousand distractions and oppositions and persecutions He experienced, but held calmly on His way. In parting with His disciples, He said, "My peace I give unto you." To them He would impart a portion of the same spirit which had kept Him calm and undisturbed in the midst of the world's strife. The sense of His presence could make them sure and confident. Even a human presence can work marvels. Here is a child, tired and discouraged with some very real problem of school life: something he has been unable to do, and thinks it useless to try again. He comes in, and cries it all out to his mother. She is a wise, sympathetic woman, and dries his tears and strokes his head, until the smiles come instead of the tears and his agitation and discouragement pass. Then he sits down and solves his problem. The touch of sympathy made the task possible. The problem has become easier, because his heart has grown stronger.

It is the sense of Jesus' presence that gives us rest. We have the Strongest by our side. The One who has "overcome the world," walks with us. He casts about us the spell of His glorious personality. He gives us that sense of rectitude and strength which makes us restful in the midst of strife. He holds us up and makes us stand. "We can do all things through Christ, who strengtheneth us."

Ottawa, Ont.

What the Absent Lord Expects

By Rev. J. S. Sutherland, B.A.

"Henceforth I call you not servants, but friends." From these words of Christ we might think that He meant us to meet Him entirely upon the plane of friendship. But the whole tenor of New Testament teaching is opposed to such a conclusion. Our Lord expects us to remember that we are His servants.

It might well seem that Christians would need no such reminder. But history shows that such is not the case. The absence of the Master has frequently taken away the sense of immediate personal responsibility; and