work, being the consideration of the question, "What distinctive principles of Friends should be taught in our First-day Schools?" Papers prepared in three of our Schools were read, followed by a spirited talk, some claiming there was but one really distinctive principle, and that was, the belief in the "Inner Light." The papers were clear and pertnent, easily understood, and left no doubt in the hearers' minds as to the position of the writers on this question. This is as it should always be.

Seventh-day was an ideal day, though the early morning was a little threatening, and we feared rain, yet by eight o'clock all fears were dispelled with the scattering of the clouds and the rising of a refreshing breeze from the north. At the hour appointed, the meeting gathered into silence, which was broken by the utterance of the quotation, "Be still, and know that I am God," this stillness being shown to be more than mere bodily quietude, and we were earnestly exhorted to enter into a spiritual communion with our Heavenly Father, in which we will experience this stillness spoken of. We were told that 'if we continue in His Word, we shall abide in the truth, and the truth shall set us free," and this Word was shown to be His power. We were advised not to look backward for light, but always to look forward, and not to be discouraged because of the magnitude of the work presented to our vision, but keeping our eyes fixed on the light before us, do *what* we can, as zvell as we can, with what strength is given us, and what seemed at first wellnigh impossible of performance will be gradually accomplished by our earnest efforts.

After our customary mid-meeting lunch in our pleasant grounds in the shade of noble trees, mingled with much sociability, we returned, refreshed and rested, to the meeting house, ready to give attention to the disciplinary part of the Meeting. There was very little business but reading and answering *all* the queries, this being the Quarter preceding the Yearly Meeting.

First-day was another perfect day. and the people for several miles around seemed of the same opinion, judging by the way they flocked into the house, till it was well filled with an attentive audience. Our attention was called to the nature and power of revelation working in our souls An earnest plea was made for the upholding and spreading of our testimony against war, by doing all we can to discourage the introduction of military training in our public schools, this measure being so directly antagonistic to the precepts and example of the Prince of Peace. whom all religious denominations of the Christian world acknowledge as their leader.

In the afternoon the Quarterly Meeting's Committee on Philanthropic Labor, held a session, reporting work done since last Quarter, and suggesting lines of work to be recommended to the Yearly Meeting's Committee for its adoption the coming year.

Among our visitors were a man and his wife—she nearly eighty-five and he eighty two years of age—former mem bers of our Society, and still Friends at heart, though by reason of isolation from Meetings had joined another body. Their presence and interest were very pleasant to us, indeed. Firstday, the 8th, was the 60 h anniversary of their marriage.

And now our Quarterly Meeting is a thing of the past, and only pleasant memories, we trust, are associated with it, as our visitors return to their respec tive homes, and they and ourselves take up again the duties and the burdens of every-day life, strengthened, we fee¹, by our religious and social commingling, for a better performance of the one, and a more cheerful bearing of the other.

ELIZABETH H. COALF. Holden, Ill, 9th mo. 9, 1895.

The man who is not willing to be good is an enemy to God, no matter how near the pulpit he sits in church.