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have for quite a number of years taken the 'Messenger,' and we are well pleased with it.'-P. H. Hudson, Plympton, Man.

Our Tournament

We have left far behind us the days when a tournament was the occasion for fully armed knights to attack each other with lance and sword, at grave risk of life and limb, in pursuit of a strange vow, or to show a fantastic devotion to some chosen lady.

Rough and brutal as such contests were, in spite of the glittering pomp with which they were surrounded, they were not altogether bad. They encouraged men to strive their utmost to attain fame, and though this was not the highest object in life, it was at least

ered with armor that its weight must have been great; instances are known where death in the lists resulted, not from wounds, but from suffocation owing to the heat of the armor and the difficulty of breathing caused by the closed helmet. Glittering helmets and breast-plates are now worn for show purposes only, the aim of the modern soldier when fighting being to attract as little attention as possible.

But while the armor worn years ago has now no practical use, it may prove a very about with truth, and having on the breastplate of righteousness, and your feet shod with the preparation of the gospel of peace;

'Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked; and take the helmet of salvation, and the sword of the Spirit, which is the Word of God.'

There is the Christian's complete armor against evils far more deadly than the lance of the knight of old. The fight against evil is a tournament in which we all should be en-



A COMBAT IN THE LISTS.

better than the sordid love of money which is the ruling passion with so many nowadays. Courage, too, was stimulated: a coward in the lists would be greeted with open derision. Long training in manly sports was also needed; and to obtain the greatest possible advantage from his strength and skill it was necessary for the competitor to keep his body in temperance, soberness, and chastity.

The knights of these old times were so cov-

helpful parable to us. St. Paul uses the arms of an old-time warrior to show how the Christian who would win in the conflict against the world, the flesh, and the devil must be prepared at all points.

'Take unto you,' says the apostle, 'the whole armor of God, that ye may be able to withstand in the evil day, and, having done all, to stand.

'Stand therefore, having your loins girt

gaged, and a great cloud of witnesses, who have themselves passed through the struggle, are looking on to see how we bear ourselves.

Let us therefore bear ourselves boldly, following the example of our great Captain, the Lord Jesus, the author and finisher of our faith; who for the joy that was set before Him endured the cross, despising the shame. and is set down at the right hand of the throne of God .- 'The People's Own Paper.'



A True Story of Lucknow.

('Presbyterian Review.')

In the station of Benares, in the upper provinces of India, I was one morning visiting the hospital as usual. As I entered the General Hospital, I was told that a young man

belonging to one of the regiments was anxious to speak to me. In the inner ward I found, lying on his pallet in a corner, a new face, and walking up to him, said, 'I am told you wish to see me; I do not recollect the pleasure of having seen you before.'

'No,' he said; 'I have never seen you; yet

you seem to stranger, for I have often heard speak of you.'

I asked him if he was ill or wounded.

'I am ill,' he replied. He went on to say that he had just come down from Cawnpore. Perhaps you would like me to tell you my history. It may be you remember, a long