

## THE QUIET HOUR

FOR THOUGHTFUL PEOPLE

### THE PATROLMAN'S SONG.

My stay at the beach of time is short,  
The joy of the Lord is long.  
Give me but room to string my harp,  
And I'll perfect myself in song.

The night shades yield to the morning  
The watch fires dimly burn,  
A tiny speck on the ocean's rim,  
Forebodes my bark's return.

Cometh the rest to my weary eye,  
Rest to my long tired heart.  
Cometh the call from over the sea,  
Bidding me rise and depart.

The music of time is a fleeting chime,  
But the mists are deep and free,  
I gather my strength from day to day,  
And watch for the call from the sea.

Gladly I leave the sea-strained beach,  
Waves I have loved so long,  
Released! I bid farewell to time  
And welcome the signal with song.

Tis past, the long patrolman's watch,  
Silent the minute gun,  
The worst of storms has rolled away,  
Joy without end begun.

### PRAYER.

Our Father in Heaven, Thou art  
crowning our lives with Thy kindness  
and mercy. Thy kindness to us is loving  
kindness and Thy mercy is tender mercy.  
And yet, like thoughtless and ungrate-  
ful children, we often receive Thy richest  
gifts as a matter of course, and our  
hearts are not lifted up in joyous thank-  
sgiving. We remember the time of trial  
and forget the time of blessing.  
That have been showered upon us from  
Thy bountiful hand. Enable us to culti-  
vate the grateful spirit; help us to see  
Thy loving hand in all the manifold ex-  
periences of life, and to see how all Thy  
loving kindness finds its highest expres-  
sion in the gift of Thy Son. As we look  
into His face and see Thy great love to  
us, may it awaken a responsive love to  
Thee, and may our gratitude be mani-  
fested in lives of consecrated service.  
Amen.

### THE GENESIS OF LIFE.

(By A. Banker.)

Although man is endowed with most  
marvellous and varied powers, he is  
able to harness many of the forces of  
Nature into his service, and to manufac-  
ture appliances and apparatus which are  
capable of producing far greater energy  
than could be attainable from any ani-  
mate sources, yet to create the vital  
principle of life is altogether and ut-  
terly beyond his capacity. It is now uni-  
versally admitted practically by all  
scientists that life, whether animal or  
vegetable, cannot originate spontane-  
ously, but that all present life upon  
this earth must be derived from, and  
emanate from, Life.

And how marvellous and incomprehen-  
sible is this vital principle. Involuntarily  
and automatically the heart continues  
to beat, with more or less the same  
regular throb, throb, throb, without  
rest, without real pause, until, either  
by the effluxion of the natural term of  
its existence, or by violence, or disease  
(in other words by the instrumentality  
of other and malignant forms of life),  
or by other life destroying agency, that  
pulsation is arrested. And, once defini-  
tely stopped, no power on earth can  
reanimate that vital spark.

And too with vegetable life, a form of  
the vital principle more persistent  
and distasteful, the tremendous force  
which, silently and automatically, drives  
the sap through the stem of a plant,  
far exceeds that which impels the blood  
through the veins of any animal. It is  
calculated that the impetus with which  
the sap is driven through a vine-  
stem is five times as powerful as the  
force which forces the blood through the  
arteries of a horse; and even such a hum-  
ble form of vegetable life as a fungus  
exerts, in its growth, sufficient force  
to lift and displace a heavy paving  
stone beneath which a minute spore  
has drifted. In consequence of this  
vigorous vitality as a general rule the  
growth of plants is far more rapid than  
that of animals. The bamboo grows at  
the rate of six inches daily; while from  
a minute seed, almost imperceptible,  
the giant puff-ball in a single night grows  
to the size of a gourd. The scientist  
Lindley calculated that the strange fun-  
gus during its twelve hours' growth pro-  
duces cells at the rate of ninety-six mil-  
lions per minute!

Aye, and only an omnipotent Creator  
could have originated life upon the  
earth. He spake the word—Let there be  
life; first the vegetable, then the ani-  
mal, then man. But to man also was  
granted the living soul, which never  
dies; and according to the conduct of  
the earth-life, so will be the destiny  
for the soul-life. For He who by His  
power created man, demands from him  
obedience to His commands, as set out  
in His Holy Word. But those sacred  
pages also convey the glad tidings that  
every breach of His law may be ex-  
piated, and eternal life gained, by sim-  
ply coming for pardon to the Saviour of  
the world, who Himself on the cross  
made atonement for them.

### THE ARK.

Is it not amazing that each toy ship  
and your spirit sit down and enjoy  
the smile of the Captain. He finds the  
power, the navigating ability. He takes  
contains a sermon with more illustra-

tions, than you will find in any pulp-  
in the land! This wonderful ship is yet afloat;  
just think of it. She had no sails, no  
anchors, no rudder and no pump. Who  
ever sent a ship to sea without these?  
Look again. She was not built to  
bring gems from the coral strand nor  
anchors were needed to hold her, yet  
she was held; no helm of human naviga-  
tion was needed to guide her, yet she  
was steered; there was never a cry "All  
hands to the pump" for it was never  
intended that she should sink. And yet  
she was a perfect ship. Marine archi-  
tects do not fail to admire her propor-  
tions of length, and depth, and  
breadth of beam. She was not built for  
commerce, but for salvation. She is the  
boldest type of Christ in the Old Testa-  
ment. "Come, then, and all thy house  
into the ark." God was there already,  
and He wanted His people to be near  
Him. The ark attractive word to-day  
to old and young, to sinner and saint, is  
Come! You have just to come.

"Come, ye sinners, poor and wretched,  
weak and wounded, sick and sore."  
Just come! Nothing else, just come in-  
side the ark, and rest your bones  
the responsibility to bring the Gospel-  
ship into port.

Men are foolish enough to think that  
they can get off by giving only a part  
of themselves. That's an old trick of  
the adversary. Man cannot be divided  
—it is all or nothing. If you go into  
sin the whole man goes—conscience,  
memory and all. If you come on board  
the gospel ship you must come with  
your whole self. This is true on the  
other side of the question, if you want  
God you must have Him all. He can-  
not be divided. All or nothing! He  
saves from hell. He saves to heaven.  
All through tickets on this line of rail-  
way. This is not cold truth, hard as  
iron, unbending as eternal law. It is  
warm and welcome. Eat of this loaf  
and you live for ever. Drink here and  
you never thirst.

A man once said to me, "I am just-  
fied, but I am not sanctified." Non-  
sense! Directly you come on board  
the gospel ship you have all; heir of all  
things, heirs of God and joint heirs  
with Christ. Ye are dead and your  
life is hid with Christ in God. You  
have all and you have it here, right  
here, and now. "Now is the accepted  
time, and now is the day of salvation."

Come with us; we will do thee good  
As God to us hath done.  
Stand but in Him, as those have stood,  
Whose faith the victory won.

And when, by turns, we pass away,  
As star by star grows dim,  
May each translated into day,  
Be lost, and found in Him.

H. T. Miller.

### BLESSED PRODIGALITY.

Efforts to set a limit to one's Christ-  
ian activity are suicidal. Loyalty qual-  
ified is disloyalty. A mother might as  
well attempt to measure and restrict  
motherly love, as a Christian try to  
moderate the claims made upon him  
by his faith. He must simply do his  
utmost. When sister Dora went to  
nurse poor unfortunate far below her  
level in the "social scale," her cul-  
tured friends said it was too much. So  
they said also when Keith Falconer de-  
voted his brilliant talents to carrying  
the gospel to forsaken Arabia. So the  
world is always saying. But the  
Christian answers, "If there are limits  
to set, God will set them." This is  
what Jesus tried to show the rich  
young ruler. This is what he meant  
when he said, "Leave the dead to be-  
bury their own dead," and another,  
who wished to bid farewell to his loved  
ones, "No man having put his hand to  
the plow, and looking back, is fit for  
the kingdom of God." Those alone are  
true who hold nothing back. One can-  
not be cautious in love and faith. One  
must be prodigal in the service of  
Christ.

### THE GLORY OF GOD.

God's glory will be increased the  
more we develop according to His pur-  
pose. Those glorify Him the most who  
are working most efficiently according  
to His design. God has set us in the  
world; He has established the course  
of nature, in the midst of which we  
are moving, and His glory is accom-  
plished the more we fulfill His purpose  
and carry on the work to which He  
has called us. If we are to aim at  
this one object of glorifying God and  
by His faith will we each aim at one  
particular way, according to the par-  
ticular gift and character and endow-  
ments. He has bestowed upon us. Let  
each put before himself the fact that  
he has been directed by God, and let him  
fulfill the calling to the best of his  
ability.—The Dean of Ripon.

### Where His Luck Came In.

Whenever physicians' fees seem exor-  
bitant it is comforting to recall a cer-  
tain famous eye specialist, one of whose  
patients, coming to pay his bill, growled:  
"Doctor, it seems to me that \$500 is a  
big charge for that operation of mine.  
It didn't take you over half a minute."  
"My dear sir," the other answered,  
"in learning to perform that operation  
in half a minute I have spoiled over  
eleven pecks of such eyes as yours."—From  
Lippincott's.

It is all right to be slow but sure, but  
with some men we are only sure they  
are slow.

## RHEUMATISM

ITS CAUSE AND CURE EXPLAINED.

Most people believe because cold aggravates rheumatism, that cold must  
cause the trouble. Any doctor will tell you that rheumatism originates in  
the blood and is caused by Uric Acid, an irritating poison that settles in the  
nerves, joints, muscles and fibrous tissues. You can't permanently cure rheu-  
matism by rubbing with a liniment—you must go deeper and reach the blood  
itself. Anything that will dissolve the Uric Acid poison will cure rheumatism.  
Hundreds of remedies have been tried, but the one that has won with best suc-  
cess is Ferrozone, which destroys rheumatism. When you take Ferrozone the blood is quickly enriched—irritating materials that  
cause pain are destroyed, aches and twinges cease at once. The nerves are  
given new power by Ferrozone, appetite and digestion improve, and in conse-  
quence the general health is built up. With the body made strong, with new  
vigor circulating throughout the system, a reserve force is created that is more  
than sufficient to ward off future attacks. With the same certainty that you  
cannot rise and setting of the sun, so surely can you depend on Ferrozone  
in rheumatism, whether inflammatory, muscular or chronic. Being perfectly safe  
—all ages use it, young and old, 50c per box or \$2.50 at all dealers.

## A MEDICINE FOR THE SPRING

Do Not Dose With Purgatives a Tonic is All You Need.

Not exactly sick—but not feeling quite well. That's the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Perhaps pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of them indicate that the blood is out of order; that the in-door life of winter has left its mark upon you and may easily develop into more serious trouble. Don't dose yourself with purgatives, as many people foolishly do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the one medicine that can do this speedily, safely and surely. Every dose of this medicine helps to make new blood, which clears the skin, strengthens the appetite, and makes tired depressed men and women bright, active and strong. Miss Mary C. Ayer, Ward Brook, N. S., says: "I cannot speak too highly in favor of Dr. Williams' Pink Pills. I was weak and run down and quite unable to work. I often had headaches, and my appetite was poor. I began taking Dr. Williams' Pink Pills and in a short time there was a marked improvement, and to-day I am in better health than I have been for years."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Brockville, Ont.

## TIMES PATTERNS.



### MISSSES' COSTUME WITH PRINCESS PANEL.

No. 8457.—A dainty new costume for misses or small women. This charming model may be developed as a pretty evening dress with the cap sleeves or long sleeves. A short yoke holds the tucked fullness over the shoulders. The waist fronts are finished with revers and open over a chemise that may be of tucked net or skirt. The back portions are crossed in surplus style and trimmed with revers facing. The pattern is cut in 3 sizes, 14, 16, 18 years.

A pattern of this illustration will be mailed to any address upon receipt of 10 cents in silver or stamps.

Address, "Pattern Department," Times Office, Hamilton.

It will take several days before you can get pattern.

## AN AMERICAN DISEASE

Indigestion is Responsible for More Sickness in America Than Any Other Disease.

Some doctors go so far as to say that indigestion is the national disease of America. Repeated attacks inflame the lining of the stomach and cause the glands to secrete mucous instead of the juices of natural digestion. Consequently the blood is poisoned, nerve force is reduced, the vitality of the entire system is weakened.

There is but one national remedy for indigestion and that is the famous Dr. Hamilton's Pills, which are used by thousands with marvellous success.

Dr. Hamilton's Pills accelerate the action of the gastric glands and give tone to the digestive organs. They strengthen the kidneys and liver, cleanse and purify the blood, and thus aid general tone of every organ of the body. Flesh and strength are fast restored and the patient can eat and digest any food he pleases.

Under the vitalizing effect of Dr. Hamilton's Pills your system will soon rally, once more you'll enjoy the blessing of health. Test Dr. Hamilton's Pills yourself. 25c. per box or five boxes for \$1; at all dealers or by mail from N. C. Polson & Co., Hartford, Conn., U. S. A., and Kingston, Ont.

### Rough Handling for Dog Thief.

A young girl of fifteen, Miss Yvonne Meyer, living in the Rue Petrelle, was taking for a walk her dog, which she held by a leather strap, the other day, when a man who had been following her suddenly cut the strap with a knife and picking up the animal dash-  
ed off.

Evidences of the scene pursued the thief, whom they had almost overtaken when he threw the dog under the wheels of a passing autobus in the Rue Ronce-chaux. The animal was instantly killed, and while Miss Meyer, who had fainted from emotion at seeing her pet's fate, was treated at a local pharmacy the thief was captured and roughly handled by the crowd. He was handed over to the police, but refused to reveal his identity.—From Le Figaro.

The Michigan Central will electrify its terminals at Detroit and the main line as far as Ypsilanti, 30 miles west of the city. Electricity will be secured from the water power of the Huron River at Chelsea, Mich.

## SUNDAY SCHOOL LESSON

LESSON XIII.—MARCH 28, 1909.

Temperance Lesson.—Prov. 23: 29-35.

Commentary.—I. Strong drink de-

troys happiness (vs. 29, 30). 29. Who

Every man is asked to search into

the cause of the distress and con-

tention which exist in the world. Hath

—Direful distress. The drunkard has

of body and woe and misery; woe

in himself, woe in his family, pains,

diseases, poverty, and all without al-

leviation. Who hath sorrow.—The Heb-

rew word means, first, poverty, and

then misery. The drunkard has sorrow

of his own making. Who hath con-

temptation. Nine-tenths of all the brawls and

fighting, quarrels and misunderstandings

are traceable to drink. The passions are

inflamed and the restraints of the con-

science and will are removed. Who hath

babbling.—This refers to the tendency

of strong drink to foolish and inces-

sant talk, vile conversation and noisy de-

monstrations. The man under the in-

fluence of liquor is bereft of his reason

and talks and acts like a foolish man;

he often has the appearance of a ver-

itable idiot. Wounds without cause.—

The drunkard is exposed to dangers

and accidents which might have been

prevented. He becomes involved

in disputes and brawls causing wounds

which are all unnecessary. Redness of

eyes.—Bloodshot, blurred or bleared

eyes. "Alcohol induces a paralysis of

the nerves controlling the minute blood

vessels, the capillaries, which results

in a dilation that speedily shows itself

in the eye. In his state and his eye

the drunkard shows the secret of his

sin.—Wakeful.

30. That that tarry long.—This an-

swers the above question. He who be-

gins to drink continues to drink, tarry-

ing often a whole night, and from that

to day and night. They that go—Rob-

inson calls this lesson the drunkard's

looking-glass, set before those whose

face is toward the drunkard's habits, so

that they may see what they will be if

they go on. Sin of all kinds brings its

own punishment, but there is no sin

so soon and so relentlessly punishes

its victim as the sin of drunken-

ness. Mixed wine.—Modern methods of

poisonous adulteration have greatly in-

creased the evil effects of liquor drink-

ing. The Sunday-school Journal tells

us that "the chemical analysis of the

liquors used by the people in this coun-

try shows that the drink alcohol, ar-

enic, alum, alcohol, bitter almonds, bio-

ch, cherry-laurel, cocculus, indicu-

copperas, gypsum, henbane, isinglass,

lime, lead, logwood, nux vomica, opium,

oil of vitriol, oil of juniper, oil of tur-

pentine, tobacco, sugar of lead, resin,

etc."

II. A warning against strong drink

(vs. 31, 32).

31. Look, not.—This prohibits even

moderate drinking. It is our duty to

avoid temptation (see Prov. 4, 14, 15).

The person who enters into temptation

is almost certain to fall. Red.—The

bright color of the wine gives it an at-

tractive look. His color in the cup.—

Literally, "its eye, the clear brightness,

or the beaded bubbles, on which the

wine-drinker looks with pleasure." Goeth

describes the attractive side of wine, when

it seems perfectly harmless to sip a lit-

tle, when it is bright and inspiring, thrill-

ing the nerves with delight, promising all

joy and freedom. It is the shining side

of all this that is dangerous—this flow-

ery entrance to the path that leads to

death." At such a time, beware!

32. At the last it biteth.—It is poison

in the veins and causes disease and death,

its only beauty is when it sparkles in

the cup. Added in the Geneva Bible

this word is translated "cockatrice." It

was a very venomous serpent. But the

picture cannot be overdrawn. The curse

of strong drink is worse than the bite of

a thousand serpents. Note some of its

evil effects. It causes loss of time, of talent,

of purity, of a clear conscience, of self-

respect, of honor, of religion, of the soul.

It injures the family, obstructs business,

arrests industry, impedes progress, de-

ranges plans, estranges partners, lovers

personal stinging, debauches politics. It

wastes the body, disables the mind, un-

fits for the daily duties of life, brings

poverty, tempts others, leads into bad

company, causes crime. It fills poor-

houses, penitentiaries, and the regions of

the wife and children in the path before

the head and they are then made, but

respectability and honor and manhood

there; they gaze at them a moment and

fling them away. Bring Christ and sal-  
vation and heaven to withstand them

downward way, and they trample them  
under their feet. Lay remorse, with

all its coiling, serpent tongue, and

scorpion stings in the path, and yet

they walk on. Pile up miseries, sor-

rows, pains, diseases, before them; yea,

point out in the way the ghastly form

of death, and they still go on for they

will have ruin. Oh, the power of an

evil habit. He found a man in an iron

grip and dragged him down to hell.

Temperance Instruction.—The last few

years have witnessed great advances in

the knowledge of the effects of alcohol

upon the human body. Extensive sci-

entific experiments have been made by

specialists