The Quiet Hour.

The Witness of John the Baptist to Jesus.

S. S. LESSON John 1: 19-34. January 8, 1905. GOLDEN TEXT-Behold the Lamb of God, hich laketh away the sin of the world.-John which 1. 29.

BY REV. W. J. CLARK, LONDON, ONT.

And he confessed and denied not v. 20. To take what does not belong to us is a common enough temptation. It may be another's money or credit for work we have not done, or a position we do not deserve. In whatever form the temptation comes, it should be promptly rejected. There is al-ways danger in dallying. A firm and final "No" is the only right answer.

Who art thou ? v. 22. It is doing and not mere talking that tells in the long run. The workman, who is known by his faithful, efficient work will not lack employers to seek his services. Customers will throng the store of the merchant who has earned a reputation for honest goods and fair prices. The waiting room of the physician who has proved his skill will be crowded with patients. Never sulk because you think you are ne-glected. Do something that the world needs, and the path to your door will be well trodden.

I am the voice of one crying, v. 23. It is just as necessary to have the small places in the world's work well filled as the large ones. A loose rivet in a boiler may cause an explosion that destroys life and property. There is no saying how great results may depend just upon our doing apparently trifling things as well as we can,

Form the habit of looking upon your daily work as an indispensable part of God's great plan, and you will find a glory even in drudgery.

Make straight the way of the Lord, v. 23. This is a sort of work that all may do in some small measure. All faithful living, all kindly dealing on the part of those who profess the name of Christ, is a making straight of His way into the hearts of those who have not known Him.

One.... whom ye know not, v. 26, are always on the edge of wonderful things. If we will but open our eyes, we shall see them. Everybody knew that a sound will cause a wire to vibrate. One day a man with very wide open eyes perceived that the wire might be made to carry speech, and we had the telephone. That astounding substance radium was lying all along the slag heap. A keen eye uncovered it and brought it forth. What new beauty and bliss there is to be found in our blessed Saviour, we shall only discover when we fix the eyes of our soul steadfas:ly upon Him as the Word directs.

Whose shoe's latchet I am not worthy to unloose, v. 27. Sometimes a great mountain peak towers far above the lesser hills that surround it. It is those who have climbed the lower heights who hest realize how far they are still below that lofty summit. And it is those who have won the most victories over sin, and made the furthest progress in holiness, who see the greatest difference between themselves and Jesus Christ. In Him there is no spot. He possesses every virtue in its perfection. Altogether worthy is He of our loftiest and sincerest adoration, the chiefest among ten thousand, the altogether lovely.

Behold the Lamb of God, which taketh away the sin of the world, v. 29 "So I saw in my dream, that just as Christian came up with the cross, his burden loosed from his shoulders, and fell from off his back ... Then was Christian glad and lightsome, and said with merry heart, he hath given me rest by His sorrow, and life by His death." So wrote John Bunyan out of the fulness of his own heart. And what joy can be greater than to have forever taken away the heavy burden of sin that would otherwise crush out our very life?

But that he should be made manifest, v. 31. There is not a blade of grass on the ground nor a star in the sky that does not show the power and wisdom of Christ but it is human lives redeemed by His grace and made clean by His Spirit that makes him known most clearly. It is the high privilege of every follower to help in bringing this knowledge to the whole world.

This is the Son of God, v. 34-We can tell the country from which a traveller comes by his language, or accent or dress. 50 Christ, as he walked among men, by His words of Grace and deeds of power gave proof that He was of Heaven ; and his presence in the Church as the centuries have passed, has but confirmed this testimony, The lives of His faithful followers have been the best evidence of His power and grace. It is a service which even the humblest may render. It requires wealth, to give largely; one must have eloquence to move multitudes by your words. But the poorest and the most slow of speech can live a Christ-like life.

A Message on Courage to Christians or White Ribbon Workers.

BY MRS. MCKEE, ONTARIO PROVINCIAL PRESIDENT.

"Be strong and of a good courage, fear not, nor be afraid of them, for the Lord thy God he it is that doth go with thee. He will not fail thee nor forsake thee" Deut 31.6.

We W. C. T. U. women need much courage, our work is of the kind that proves the strength of our courage, as well as our faith and hope.

The woman afraid to voice her convictions or to be found among the ranks of those working for reformage, or even doubtful about the propriety of wearing her white tibbon in public places, has long ceased to be. We have found that we face a fee unscrupulous as to methods; united as to aims; and having no regard for God or righteousness, ply their evil traffic, relying on the weakness of those whose moral courage is blunted and warped and broken.

The stirring address which heads this paper was given by Moses to Israel when he could no longer go with the people because of his great age.

His work was done, but to the one who succeeded him, he gave this message. He saw with prophetic vision the success which should attend their efforts and encouraged them to go on.

We may not have a Moses or a Joshua to lead us in our peaceful war, but we always have God, The matter to be determined is, has God us? Are we true to the trust He has given us? Are we willing to spend and be spent in His service. These people

to whom Moses spake were very human and very full of sin. They ran after the strang. er's gods and forsook the God of Israel, so that when the Lord saw it, it is said He abhored them.

Is it possible that we might be so weak and unmindful of our duty as to come to such a place? Shall we allow fashion, or pride, or cowardice to drag us from the path of duty to God and our neighbor? Shall the world, the flesh and the Devil be more to us than God and home and country? Shall we temporize with evil in any shape and say it is expedient? Nay ! lest God should see it and abhor us, let us be strong and of good courage. "He that strong and of good courage. wavereth is like the waves of the sea driven with the wind and tossed,"

Before Moses took his departure for the top of Pisgah from which he never came back, he sang a song which the children of Israel were to learn, so that when they came to their senses after their wayward rebellions they might sing a song which was to be a testimony to the goodness of God and His forbearance with his perverse people.

We, too, have been left a song.

"Soldiers of Christ arise

And gird your armour on Strong is the strength which God supplies

Through His Eternal Son.

The prophet whom God knew face to face gave the people a blessing. We may claim part of it. Let it be our stay and strength.

"Tne Eternal God is thy refuge and underneath are the everlasting arms, and He shall thrust out the enemy from before thee, and shall say, destroy them."

This is our commission, to help destroy the enemy of God's peop'e. This is our encouragement, "He shall thrust out the enemy from before thee."

This is our blessing.

"Bless'd too is he who can divine Where real right doth lie

And dares to take the side that seems

Wrong to man's blindfold eye "For right is right since God is God, And right the day must win; To doubt would be disloyalty To falter would be sin."

Late to Church.

Are you in the habit of being late to If you are you have a bad habit church ? and you should strive to overcome it. Of course there are times when being late may be unavoidable, but for habitual tardiness there is no excuse, unless it be carelessness or a lack of system. Many of those who are regularly late to church can always manage to be on time at an entertainment. Remember this : If you persist in this habit you may at last find yourself too late to enter the kingdom of God.

The One Commandment I Want to Shirk.

There is almost always one of the Ten Commandments that we feel irksome and commandments that we tee the selain away, would like to qualify and explain away. That special one then, is meant for us. cannot by keeping the other nine, make up for neglecting this one. All the honesty and Sabbath keeping in the world will not justify us for neglecting to honor our father and mother, for instance ; nor the lack of covetousness possibly make up for one pro-fane word. To offend in one point is to be guilty in all ; and therefore, our weak point is the point we must watch. The commandment we want to shirk is the one meant especially for us. - T. R. Miller.

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