The Quiet Hour

For Thoughtful People

Prayer.

O Thou who art light and in whom there is no darkness at all, have merey upon those who sit in darkness and in the shadow of death. O send out Thy light and Thy truth that they may lead us, and may bring us even to Thy holy hill. We bless Thee for Him who is the light of life, for Jesus who has revealed to-us the Father and the way to the Father's house. Open Thou our eyes that we may see God. Dispel the mists of sin that we may walk securely in the way to heaven. Grant us such communion with the Saviour that we shall eatch something of His brightness as we pass through life. Finally, bring us to the land of light ineffable, where God Himself is sun and night is past for evermore. Amen.

Grace.

(By Amy Parkinson.)

"What is grace?" Grace is God's favor Toward the disobedient shown, Pointing them, shut out from Eden, To another gate, wide thrown, Offering a bliss yet higher Than was ev'n in Eden known.

Grace is the free gift to Adam And his race, by sin undone:

The free gift from God the Father of redemption through the Son, Who, Himself to death devoting, Lift hath for the death-doomed won.

It brought on that compulsion to think which we call conscience.
Look at Cain, Belshazzar and Felix!
III. This is the language of an inconsistent man. Herod did not believe in angel or spirit or immortality; yet our blast from this suppressed compulsion blows a false creed to flitters.

IV. This is the language of a coward "He feared John."—Mark iv. 20.
"He feared the multitude."—Matt. xiv. 5.

xiv. 5.
Why? Because he did the wrong. Joh did not fear him, because he did th right.

John is the master. Herod is 'th

slave.
"Thrice armed is he that hath his

Lessons:

1. Man has a conscience, given by God, for God, for time and eternity.

2. An awakened conscience is the greatest error. False creeds melt away like, snow before the sun.



LESSON IX.-MARCH 15, 1908. Jesus Heals a Man Born Blind .- John

9: 1-41. Commentary.—1. A man born blind (v.

DR. CHASL

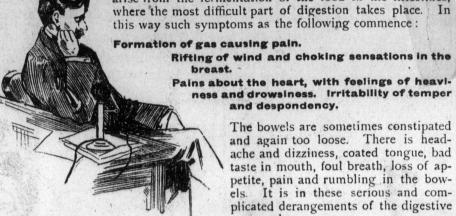
OF THE PROPERTY OF

Who Has Sought in Vain for Cure From Mere Stomach Treatments

and Neglected the Liver and Bowels. The sufferer from indigestion and liver troubles 'feels blue" all the time.

Office cares easily ruffle the irritable temper which the dyspeptic always has, and as a result the surroundings are made unpleasant for all. The real serious forms of indigestion and dyspepsia arise from the fermentation of the food in the intestines, where the most difficult part of digestion takes place. In this way such symptoms as the following commence:

and despondency.



The bowels are sometimes constipated and again too loose. There is headache and dizziness, coated tongue, bad taste in mouth, foul breath, loss of appetite, pain and rumbling in the bowels. It is in these serious and complicated derangements of the digestive

TRAVELERS' GUIDE

GRAND TRUNK PAILWAY SYSTEM elisgara Falls, New York—\$3.30 a. m., *6.37 a. m., *16.05 a. m., *5.00 p. m., *6.37 a. m., *16.05 a. m., *5.00 p. m., *6.10 p. m. \$8. Catinaries, Ningara Falls, Burialo—\$6.38 a. m., *16.05 a. m., *16.05 p. m., *11.20 a. m., *6.25 p. m., *10.00 a. m., *6.20 a. m., *9.02 a. m., *10.00 a. m., *6.20 a. m., *9.02 a. m., *10.00 a. m., *6.20 a. m., *9.02 a. m., *10.00 p. m., *10 GRAND TRUNK RAILWAY SYSTEM

CANADIAN PACIFIC RAILWAY.

CANADIAN PACIFIC RAILWAY.

7.40 a. m.—For Toronto, Lindsay, Bobcayeson, Peterboro, Tweed, Kingston, Ottawa, Moatreal, Guebec, Sherbrooke, St. John, N. B., Halifax, M. S., and all points in Maritime Provinces and New England States. Totterham, Beeton, Alliston, Craighurst, Bala and the Muskoka Lakes.

8.50 a. m.—For Toronto.

10.00 a. m.—Horly)—For Toronto.

2.13 p. m.—For Toronto, Myrtle, Lindsay, Bobcaygeon, Peterboro, Tweed, Brampton, Fergus, Elora, Orangeville, Owen Sound, Arthur, Mount Forest, Harriston, Wingham, Tottenham, Alliston, Craighurst, and intermediate points.