Fastings and Feastings Proper and Improper

"WHEN YE FAST, BE NOT HYPOCRITICAL"

Right and Wrong Views of Fasting—The Bible's Teaching—The Spirit of Fasting—Spiritual Feasting at the Same Time—Hygienic Value of Fasting—Spiritual Advantages.



vine commence, are custom appeals to many. Like every good thing, it is misunderstood and perverted by the majority, because they are not spiritually minded. To many of these it is a command the neglect of which would bring upon them the disapprobation of friends, and the observance of which would bring them some favor from God or some are laxation from proper punishments for laxation from proper punishments for such perfunctory fasting, displeasing to God and valueless to the individual, we give an illustration. An acquaintance who professed to observe Lent was instructed to drink but one cup of coffee daily. He made some kind of compromise with his conscience by which he got his usual amount of coffee is a bowl. Apparently he thought that the Lord would not notice the cheat, and would reward him for such hypocritical fasting.

Nothing is more contemptible in the

perfenced the blessings of the resurrection to the perfection of the spiritual amount of coffee in Lord world-arently he thought that the Lord world-arently he thought that the Lord world-arently he thought that the Lord world-reward him for such hypocritical fasting.

Nothing is more contemptible in the Lord's eight than a hypocrite. Honesty is the one quality which all who would be not quality which all who would be sufficiently as the large they may be by heredity. In file ration they may be by heredity. In file suggests a define, we have been a conclusion would be very unapper-continually battling with himself, continually watching, practicing self-denial, and striving gainst the natural tendencies of sin, other, san toge here. With everyhody the first lesson should be honesty—not merely in monetary affairs, but in everything, including words and thoughts.

Lenten season, the Bible suggests a Lenten season, in the Bible suggests a lenten season, in fastings, and again, in fast-ings aften. (2 Corinthians 64, 5; 11:27) Evidently fasting is in the nature of self-sacrifice—a volunisary offering to God, service—a volunisary offering to God, servic

tamly be contributing a share toward that end, in harmony with the Scriptural declaration, 'Draw nigh unto Me, and I will draw nigh unto you."

We have no suggestion to offer respecting the kind of food or the quantity that should be eaten. There are people in such a physically weak condition that it would be absolutely wrong for them to abstain from such nourishments as they can assimilate. Heart and head should combine in determining this matter of fasting.

Daniel the Prophet tells us that for three whole weeks he "ate no pleasant"

Kingdom.

With such prospects life is worth living. Those attaining this vantage ground can, with the Apostle, count all earthly things comparatively valueless. To these, fastings, self-denials, self-restions, have no terror. They rejoice in these, assured by the Bible that they are signs that God is dealing with them as with sons whom He is educating, fitting, polishing and tory to receiving them to the Heavenly slory. that end, in harmony with the Scriptur-that end, in harmony with the Scriptur-al declaration, 'Draw nigh unto Me, and I will draw nigh unto you."

combine in determining this matter of fasting.

Daniel the Prophet tells us that for three whole weeks he "ate no pleasant pread," while he especially sought the Lord in prayer respecting matters which perplexed him. Evidently he confined himself strictly to the things absolutely needed for the maintenance of mental supplysical strength. He ate nothing applysical strength in mind and body and for his special prayers for wis special prayers for wis special prayers for wis the form of the special prayers for white the part of the passet in the passet passet in the pas he Christian's Perpetual Fast.

The Christian's Perpetual Fast.

It is a mis ake to suppose that fasting applies merely to food. In its broadest sense, it signifies self-denial—denial of the desires of the flesh, to the intent that the spiritual nature may be strengthened. The Apostle clearly shows this in his suggestion that husbands and wives occasionally live apart, that they may give themselves the more thoroly to prayer and the consideration of spiritual things. (I Corinthians 7:5.) The true Christian really lives a life of daily self-denial. He remembers the Apostle's words, "If ye live after the flesh, ye shall die: but if ye thru the Spirit do mortify the deeds of the flesh, ye shall live." Such mortification of the flesh, such self-denials of the various fleshly inclinations, in the interest of the new nature, are fastings.

The ideal condition for Christians would be to maintain a perpetual fast—to live always in so abstemious a manner.

The ideal condition for Christians would be to maintain a perpetual fast—to live always in so abstemious a manner as would keep them spiritually in the best condition and make them most efficien; in the Lord's service. Where this highest ideal seems unattainable, then the proper course would be as close an approach to this as possible—not of Divine command, for there is none, but of free will—each sacrificing himself, his fleshly appetites and propensities, in the interest of his own spiritual development and his service of the Lord.

Our Lord's instructions were that His followers should not hypocritically make

Trusting that you have been profited by the reading of the above sermon, we mention Pastor Russell's widely read book, "THE DIVINE PLAN", also known as "MILLEN-NIAL DAWN," published in nineteen languages, with a circulation exceeding 4,500,000. Its comprehensive chair of the Ages gives the mental eye as sweeping historical liew of humanity's progress—past, present and a thousand years into the future—from the Bible standpoint. A 50c souvenir edition (440 pages), containing an illustrated chapter on the Great Pyramid of Egypt and its historical, religioscientific relationship to the Divine Program, will be malled you promptly upon receipt of 25c, with this coupon. followers should not hypocritically make a wnow of their fasting—should not boast of their self-sacrifices and self-denials. Those matters should be between God and themselves. Instead of looking sad, and appearing to crave sympathy, they should contrariwise take special care that none might notice**BRITISH FORCES GAINING GROUND**

Effort Made to Stem Tide by Enemy Failed Saturday.

SUNDAY WORLD NEWS

Tank Exploded, Killing Four-Harry Thaw Was Acquitted.

British forces leading the attack in he western front continue to push forward. German efforts to drive them ack have thus far failed. An effort back have thus far failed. An effort on the part of the enemy to recapture Neuve Chapelle made progress for a time tut failed in the ead.

Prince Von Buelow is in Rome for the purpose of encouraging Italy on the side of Germany. He assures that Austria will concede Italian requests.

Turks Defeated.

The Turks were defeated in an attempt to drive back the Russian forces which have advanced along the shore of the Black Sea.

According to a message to London by Sir John French, progress was made by the seventh division in the direction of Aubers, "Our air craft have been very active," he adds.

Livitish troops have advanced four miles in the vicinity of Nerve Chappelle. At harbor entrances Great Brital has placed submarine traps to caten German underwater craft engaged in

Oil Tank Explodes.

When a tank of oil exploded in New York Saturday four boys were killed

The Christian, however, may advantageously take a much deeper, spiritual meaning out of Lent. He may remember the Saylor's experience for the forty days preceding His crucifixion. He may remember that Just before His crucifixion Jesus instituted the Lord's Supper, and indicated the date as the proper one for its annual commemoration amongst His followers, as was the custom in the carly Church. He may also remember that all Jesus' followers covenant to share His Cup of suffering of ignominy, misunderstanding, misrepresentation, slander, abuse, death. He may remember that as this was the special time of trial for Jesus, so it seems also to have been from the very first a time of special trial, testing, sifting, amongst His followers.

All these considerations might well move God's true people to fast during a period preceding the anniversary of their faithfulness in present trials and diffigrated preceding the anniversary of their faithfulness in present trials and all things have beginned to the company of Toronto, acting for the Kloepfer interests, endeavored to sell out to the White Sewing Machine Co. of Cleveland. Ohio, several time, but faith this Son, our Lord Jesus Christ, that nothing shave begains with the Scripting and the proving such restraint of appetite from a desire to draw especially near to God, they would certainly be contributing a share toward that end, in harmony with the Scriptural declaration, 'Draw nigh unto you."

The Tuesd, draw nigh unto you."

The Tuesd, manuel commender to the Gospher Call time to the White Sewing Machine Co. of Cleveland. Ohio, several to sell out to the White Sewing Machine Co. of Cleveland. Ohio, several time, but the Kloepfer interests, endeavored to sell out to the White Sewing Machine Co. of Cleveland. Ohio, several time, but the kloepfer interests, endeavored to sell out to the White Sewing Machine Co. of Cleveland. Ohio, several time, but the kloepfer interests, endeavored to sell out to the White Sewing Machine Co. of Cleveland. Ohio, several time, but the kl

Lin Sun Claims China Has New Birth and Becoming Great World Power.

Lin Sun, speaker of the Chinese Senate, addressed over 600 of his countrymen in Victoria Hall last night.

cess Patricias' were forwarded to France, and reached them in the trenches. From acknowledgments hese were most satisfactory, so that some Torontonians have placed standng orders to be sent weekly to France This firm has sent out lists suitable for Easter boxes, ranging in price from \$2.50, \$5 and up and containing all, as necessary for their mental, moral and intellectual development. And especially do we commend abstinences, self-denials, restraints, to those who have consecrated their lives to God, to walk in the footsteps of Jesus. But we reprehend all hypocrisy and sham, whether associated with Lent or fasting or any other matter, as being an abomination in the sight of God. igarets, tobacco, bull's eyes, chocolate, biscuits, sardines, potted meats, squares, figs, soup squares, figs, nuts, fruit and partridge and chicken in glasses. The cost includes packing and postage to France, and hampers will be ione in Easter style. A list is being kept by this firm of Canadian casualties, so in case an order is received for a soldier who becomes wounded delicacles for the amount will be sent to hospital wherein patient is reported Lists will be forwarded, and further information given by phoning College 1135.

of His Spirit, whatever this may mean in the way of greater trials, difficulties or persecutions; or they desire that the will of God may be completed in them and the character-likeness of Christ be attained.

In conclusion, we recommend the fasting, true disciplining, true coercion of the will of the flesh, on the part of all, as necessary for their mental, moral and intellectual development. And espe-

VALUABLE COUPON.

Can you afford to miss this literary treat? Address International Bible Students' Association, Brooklyn, N.Y.

MISSION'S FREE BREAKFAST.

It was an interesting sight at Yonge Street Mission yesterday morning to see the white-coated workers with their trays of sandwiches and huge pitchers of steaming coffee, working with a will until every man of the 475 present was thoroly satisfied. Sevcral solos were rendered, and very efficient music was furnished by the choir. H. E. Irwin, K.C. addressed the men. Another breakfast will be given

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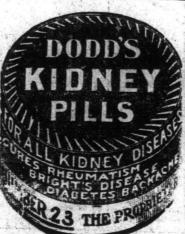
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Dated at Toronto, March 5th, 1915.

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FUROPE?

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Notice is hereby given pursuant to Section 55 of the Trustee Act, R.S.O., 1914, Chapter 121, that all persons having any claim or demand against the estate of the late Ann Jane McBurney, who died on the 7th day of April, 1915, to send by post, prepaid, or to deliver to the undersigned, solicitor herein for the executor of the said Ann Jane McBurney, their names and addresses and full particulars in writing of their claims and statement of their accounts, and the nature of the secutor will proceed to distribute the estate of the said deceased among the persons entitled thereto by law, having regard entity of the claims of which the executor shall then have had notice, and the said executor will not be responsible for the said assets, or any part thereof, to any person or persons of whose claim he shall not then have received notice.

Oated at Toronto this 4th day of March, MELVILLE-DAVIS CO., LIMITED

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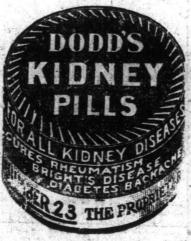
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GARAGE, 10 Dalhousie, sultable for fac tory or warehouse; mo Apply 137 Church street

Whitewashing.

House Moving.

Horses and Carriages NOTICE 'TO CREDITORS.—IN THE Estate of Isalah Gilley, Deceased.

The creditors of Isaiah Gilley, late of the City of Toronto in the County of York, Clerk, deceased, who died on or about the 22nd day of September, 1912, and all others having claims against or entitled to share in the estate are hereby required to turnish the undersigned on or before the 24th day of March, 1915, with their names, addresses and descriptions, and full particulars of their claims against, accounts with or interests in the said estate, and the nature of the securities, if any, held by them. After the said 25th day of March, 1915, the assets of the said Isaiah Gilley, deceased, will be distributed among the parties entitled there to, having regard only to the claims or interests of which the undersigned shall have received notice on or before such date, and all others shall be excluded from the said distribution.

ANNIE GILLEY.

40 Davenport road, Toronto, Administratrix of the estate of the abovenamed Isaiah Gilley.

MACDONALD, SHEPLEY, DONALD & MASON,

Sun Life Building, Toronto.

Solicitors for the Administratrix, Dated at Toronto this 6th day of March, 1915.

1 m 22 Plants, Trees, Etc. STRAWSERRY PLANTS—100, 70c; 1000 \$5. Currants, 10c; gooseberries, 15c; raspberries, 5c; rhubarb, 10cf fruit trees, perennial flowers, roses, dahlias, pansies, etc. Carriage prepaid. Cata-logue free. Chas. Provan, Langley Fort, near-Vancouver. ed?

Live Birds

Notice is hereby given pursuant to Section 56 of the Trustee Act, being Chapter 121 of the Revised Statutes of Ontario, 1914, and amendments thereto that all persons having claims or demands against the estate of Annie Thompson, late of the City of Toronto in the County of Fork, Married Woman, deceased, who died on or about the 14th day of February, 1914, are required to send by post prepald or deliver to the undersigned executor of the said estate on or before the ninth day of April, 1915, their Christian names and surnames and addresses, with full particulars in writing of their claims and statement of their accounts and the nature of the securities, if any, held by them, duly verified by statutory declaration. If anyone has this dog tied up or closed in if they will please let him loose he will come home himself. Answers to the name of "Pat."

tion.

And take notice that after the said eighth day of Apr.], 1915, the said executor will proceed to distribute the assets of the said estate among the parties entitled thereto, having regard only to the claims of which he shall then have notice, and the said executor will not be liable for the said executor will not be liable for the said assets or any part thereof to any person or persons of whose claims notice shall not have been received by him at the time of the said distribution.

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For maps and conditions of sale apply to the undersigned, or to Crown Timber Agents Charles Henderson, Sudbury, or Joseph Maughan, Sault Ste. Marie. ditions.

W. W. CORY, C.M.G.,
Deputy of the Minister of the Interior.

N. B.—Unauthorized publication of this advertisement will not be paid for.—64388. G. H. FERGUSON,
Minister of Lands, Forests and Mines,
Toronto, March 2nd, 1915. N.B.—No unauthorized publication on this notice will be paid for. 1A26

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Printed forms of tender, containing

related forms of tender, containing full particulars, may be obtained from the Director of Contracts, Militia Headquarters, Ottawa, or at the office of the Officer Commanding 2nd Division, Toronto, who will furnish all information required. Each tender must be accompanied by Each tender must be accompanied by an accepted cheque on a Canadian chartered Bank, payable to the order of the Honorable the Minister of Militia and Defence, for five per cent. of the amount of the tender, which will be forfeited if the party making the tender decline to sign a contract when called upon to do so if the tender be not accepted, the cheque will be returned. will be returned.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.—75974.

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A settler who has exhausted his homes.

conditions.

A settler who has exhausted his homestead right may take a purchased homestead in certain districts. Pricz. 3.00 per acre. Duties—Must reside six months in each of the three years, cultivate fifty acres and erect a house worth \$300.

The area of cultivation is subject to reduction in case of rough, scrubby or stony land. Live stock may be substituted for cultivation under certain conditions.



SEALED TENDERS (in duplicate) for SEALED TENDERS (in duplicate) for the Supply of Coal and Fuel Wood required to heat the Military Buildings at Toronto, Hamilton, Brantford, St. Catharines, Dundas, Burford and Niegara, Falls, Ont., for the year ending March 31, 1916, will be received up to Thursday, March 25 next. Each tender is to be marked "Tender for Fuel," and addressed to the Director of Contracts, Militia Headquarters, Ottawa.

The Department does not bind itsel to accept the lowest or any tender.

EUGENE FISET, Surgeon-General, Deputy Minister of Militia and Defence. Ottawa, Merch 5, 1915. (H.Q., 99-3-17.)

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