did I give up to become a follower of Christ ; and what did I acquire when] took the new stand on the Lord's side ? One is balanced against the other, and a conclusion is reached in Paul's immortal words, "I count all things but loss . . If we have not all reached the same conclusion there is something wrong with our religious experience. Arrange for 1. What did two ten-minute talks: 1. What did I gain from Christ? 2. What did I gain from Christ? It would make an impressive lesson to put on the backboard in order, the losses, and opposite, the gains. Then, study the object lesson for a time, and strike a balance.

SEPT. 10.--- "TEMPERANCE MEETING." James 1, 12-15.

A good temperance lesson is impressed when we learn that intemperance in any form is the result of our own choice. Temptation to over-indulgence may be presented to any one, but to be tempted is not to sin. Sin comes when a choice is made of the wrong, and the choice foilowed. But someone says, here is a drunkard who has no control of his appetile; it is not a matter of choice with him, for — has lost the power to refuse. Well, that unmented condition by a series of choices. He consented by schoice to the first glass, and to the second, and to all the others, until now, he has lost the power of choice. Who is responsible? He was drawn away by his own lust and enticed. ...en lust brought forth sin ; and sin brought forth

THE FOOLISHNESS OF INTEMPERANCE.

The foolishness of intemperance in strong drink lies in this-strong drink creates an appetite for itself, and at the same time results in a weakening of the will power to resist. This goes on until the unhappy drunkard is a slave, withdownward path to ruin. What man in his senses would pursue such a course that in all likelihood ends in such fearful results. Lately, the liquor men have come out in the public press in favor of temperance. This is like Satan con-demning sin. A barroom advocating temperance ! What next ? It is easy to see the reason for this change of front on the part of the liquor trade. The trade is becoming disreputable-drunkards are being made by the wholesale. Now, says Mr. Beer-keg, don't drink so much, be moderate, stop when you feel good, don't get drunk. This is the most dangerous kind of advice and shows what tactics the bar-room advocates will re-sort to advance their interest. '... e^{α} I can drink and leave it alone" man will ere long find himself confessing that he drinks and can't leave it alone. He has become a drunkard. What's the remedy? Use the God-given power of choice to re-fuse the first glass, and there will be no other but the first to refuse. That's the remedy.

"There is a little public house, That every one can close; It is the little public house

Just underneath the nose."

THE POSITION OF JAMES.

Let us study a little more closely the position James takes in the topic Scripture. Temptation as enticement would seem, at first sight, to be altogether and only evil. Yet, in view of the sinful condition of man, and the redemptive work to be done in him, even temptation in this sense may prove to be of value, and the man is strengthened who comes into power of it, but stands fast, and effectively resists. The man gains a moral uplift who has come safely through suc. temptations. The moral dignity of Christ is manifested in this, that he was tempted and did endure. Temptation to evil applied to moral beings is an essential condition of moral culture, and now can moral culture be accomplished nave ovirtue. The untempted have no virtue. The impossibility of solicitation to evil renders moral character impossible. To be tempted and refuse, that is virtue.

The question arises now, Whence comes temptation to evil ?

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 Not from God. James declares that God is never the direct source of temptation. He says he cannot be because he himself cannot be tempted with evil. Satan, who was tempted and fell, is the tempter.

In the nature and circumstances of man, James affirms that the source of temptation is found in the nature of man, and the occasion of temptation in the circumstances of man. "Drawn away of his own lust and enticed." Man craves Man craves for pleasure, and is entrusted with de-sires. It is his nature to want what will please and gratify him. In this of itself there would have been no difficulty, but in the gratification of desires, there would have been no character and no possible creation of character. There came a revelation of God's will to man, which required that he should put his desires under restraint. If he would not, he sinned. In assisting his self. will against the will of God he changed desires into lusts; put himself into the power of these lusts, which drew him aside to evil. The eternal world of aside to evil. The eternal world of things being set in relation to his bodily nature became the occasion of temptation. hattine became the occasion of temptation. But if a man be in Christ, he is a new creature, and need not yield either to his evil nature nor to the events or cir-cumstances of his life. "This is the victory that overcometh the world, even our faith."

our faith." 4. Consequences of yielding in evitable. The consequences of yielding to temptation no one can escape. These results come in the ordinary and necessary outworking of moral laws, and are as certain as any results of the outworking of natural laws. If unrestrained desire is allowed a free hand, it will bring forth shn. Let sin do its work, and it will bring forth death—moral and spiritual death. The only possible arrest of the process is in man's own hands, with the divine help. It lies in gaining that self-mastery through Christ which God is ever helping those to gain who commit themselves to him.

POINTS FOR THE PRESIDENT.

This is a temperance meeting, but conduct it according to the main idea of the topic Scripture—"Cholee and its Consequences." Cholee has everything to do with a temperate life in whatever way you regard it. People do not regard the sovereignty of the human will high enough. The will is the whole man in his executive capacity, and as is the will, so is the man. How essential that the wais should be regenerated by divine grace, so it will spontaneously do God's bidding !

Put this topic in the care of the Missionary Committee, asking them to make the best possible plans for its presentation. C

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As Others See Us

Rev. Dr. Gilbert, Editor of The Western Christian Advocate, has the following interesting account of his recent visit to Toronto In his paper :

The city of Toronto makes an excellent impression upon the stranger from the very start We arrived by the Grand Trunk, and on the cars were a number of delegates who sang gospel hymns intermittently with the boys from the Bishop Ridley School, who were giving their yells The Union and their college songs. Depot is a massive structure, and indeed the whole city seems like English cities in general, built not hastily, but with solidity, and with a purpose to endure. Brick and stone are almost exclusively used in the erection of private and public buildings, of which there are some fiftyfive thousand.

The meetings of the convention were mostly held in Massey Hall, a plain but enormous structure, which will accommodate some 4,500 people. It was given to the city by the distinguished Methodist after whom it was named. It was our privilege to meet his widow and his daughter, the latter having recently presented to the Central Methodist Church two organs, placed at opposite ends of the church for antiphonal music. This arrangement is quite common in the churches, and gives an excellent effect. The music in all the churches was very artistic and striking in volume and exe-cution. The chorus of some three hundred voices at Massey Hall elicited spontaneous applause at every service.

It is surprising to a stranger to see how many people go to church in Toronto. It is said that the church population and that of the city are almost identical. Until late years no street-ears were allowed to run on Sunday. In the whole ofly there are but one hundred and fity ilcensed bars where liquors are sold. All the churches were filled to their utmost capacity with worshippers. Such a city makes a striking contrast with those with which most Americans are familiar. The churches themselves, and the numerous cathedrais, are imposing specimens of architecture in brick and stone.

Several meetings were held in the great Metropolitan Church (Methodist), which is the pride of the city. It stands, with its noble tower, in a great square of the city, and its architecture, early Norman French, is both ornamental and impressive.

We stayed pretty closely by the convention and allowed ourselves comparatively little time for sight-seeing. But even a rapid survey of the city will strike the visitor with the beauty of such streets as Jarvis and Queen's Park Arenne

s Jarvis and Queen's Park Avenue. From the top of the lofty square wer of the magnificent City Hall one tower of the magnificent gets a view of the entire city and harbor. The post-office, the Public Library, the insurance companies' buildings, are all massive structures. The Parliament Building, facing the beautiful Queen's Building, facing the beautiful Queen's Park, is worthy of the Dominion. In the park stand statues of Queen Victoria, Sir John Macdonald, Hon. George Brown (former leader of the Liberal party in Canada); there is also a monument erected to the memory of the volunteers who fell in the Fenian uprising of 1866. We have rarely seen an education plant whose grounds and buildings exceed that of Toronto University. In affiliation are a number of colleges, including the Victoria University of the Methodist Church, and several theological schools of different denominations. The entire group of buildings makes a whole which will compare with anything we have in America, not excepting Yale, Harvard, Chi-cago, or Leland Stanford. Toronto outdid itself in hospitality, and everyone left feeling that it had been a joy and an inspiration to be for a few days in contact with its people.