The Quiet Hour

For Thoughtful People

Nothing Lost. Nothing Lost.
(J. W. Foley, jun., in Bismarck Tribune.)
Not every glistening pearl of dew
Like rich set jewel, finds a rest
Upon a rose, or, nestling down,
Shrinks, modest, on its velvet breast.
Not every songster's swelling throat
Pours forth its wealth of song to bless
Our ears, but countless carols float
Unheard in the deep wilderness.

Not every arrow finds its mark,
But, sped all eager from the how,
Too deftly feathered, floats too high,
Too lightly driven, falls below.
Not every effort finds success,
But fails, as falls the archer's dart,
Not every sunbeam gilds the gloom,
Nor every song may reach the heart.

Yet, though I fail, mine effort lives,
And somewhere on a scroll engressed
The glory of my striving is,
For nothing fruitless, nothing lost
That like a seed sown of the soul,
May fall and die in desert not,
But would have blossomed and borne
fruit

If fallen in some fertile spot,

Prayer.

Holy and most merciful God, we seek Thy face with humble gratitude and of-fer our tribute of edoration and praise. We thank Thee for our creation, for these bodies so fearfully and wonder-fully made, for the light of reason and of conscience and our capacity of communion with Thyself. Save us, we beseech Thee, from all unworthy uses of the powers with which we have been endowed. Help us to regard on whell the powers with which we have been endowed. Help us to regard our whole being as an instrument for the execution of God's holy will. And grant, us strength and wisdom that we may contend in Thy name against the evil forces which oppose Thy sway and harm our bretheren. Arise, O God, in Thy divine might and overthrow the kingdom of darkness, and let the kingdom of light be established. Let temperance, purity, truth and love prevail throughout the world. Amen.

A Marked Contrast.

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How mighty is God and how helpless is man! Before the Infinite the mightiest human power dwindles into nothingness. When God arises to shake terribly the earth, how impotent is man! With all his greatness of intellect, with all his wonderful grasp on the forces of nature, he stands as one in paralysis before the almightiness of God. He hurls the sea against coastwise cities, and their great ashler walls are crushed as eggshells. He makes the billows clap their hands and in the impact great ships are crushed like the billows clap their habds and in the impact great ships are crushed like glass in the tempest. He sends the cyclone across the fields and nothing can stand before it. Villages are but playthings in his path, and the century-old monarchs of the forest are over-thrown. When he sends his tidal wave against the beaches of the acas, men made in the image of God, with dominion over earth and sea, are drowned like rats in their dwellings and all the greatness of their hands is as dust in the whirlwind or turned into a dwelling place for fishes and slimy things. When the trumpeting of the volcano is heard, and God calls from the depths of the earth in fire and ashes and lava slime, burying rich orchards, vineyards, homes and cities beneath rivers of molten rock, one might well cry out, "Lord what is man that thou art mindful of him!"—United Presbyterian.

The Understood Christ.

(By the Rev. J. D. Jones, M. A., B. D.)

But they, when they saw Him walking on the sea, supposed that it was an
apparition, and cried out; for they all
saw Him, and were troubled.—Mark vi.

loaves and fishes, in order to escape from the excitable and excited crowd, constrained His disciples to get into the boat and depart again unto the other side, while he went up into the mountain to pray. The disciples had not been long embarked before one of those sudden storms for which the Lake of sudden storms for which the Lake of tailliee is so rotorious swooped down upon them and well-nigh overwhelmed them. They were distressed in rowing, we are told, and were almost at their wits' end. And I can quite believe that in their fear and panic they began to reproach their Master because He had constrained them to set forth alone. But all the time the Master of whom they they had begun to think barshly and bitterly was "mindful of His own." From the land He was watching them, ready in their extremity to come to them with help and succor. And so it came to pass that about the fourth watch of the night He came to them walking upon the sea.

But the coming of Christians of the succountries of the sea.

But the coming of Christ, instead of filling the disciples with joy, filled them with terror. They literally shricked for sheer fright. "They when they saw Him, walking on the sea, supposed that it was an apparition, and cried out: for they all saw Him, and were troubled." It was only when Leste reassured them by ay. only when Jesus reassured them by saying, "It is I, be not afraid, that their fear and terror gave way." ing, "It is I, be not afraid, that their fear and terror gave way to joy and gladness. Now it is of the emotions that filled the disciples' hearts when they saw Jesus wakking toward them on the sea, that I want briefly to speak. Their first emotion was one of fear and dread, for they took Jesus for something other than He was.

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They supposed it was an apparition. They took Jesus for a ghost. It was because they failed to recognize Christ, because they follow the was an apparition, and they wished most to see any failed to recognize the wished and they wished most to see any failed to recognize the wished and they wished most to see any failed to recognize the wished and they wished most to see any failed to recognize the wished and they wished most to see any failed to recognize they failed to recogn

were troubled."

But it is not the twelve alone who be committed this mistake, Men acted with your mane as these disciples acting ago. They are troubled by any account of thist, they are mane of thirlst. And the reaction of the transport of the and reject the state of the transport of the and reject the state of the

is but the twelve alone who included this mistake. Men acted ty name as those disciples act.

They are troubled by any reject to the fashion with many to affect to believe that the Deluge, if not a myth, was and reject to believe that the Deluge, if not a myth, was always is just fee use, like that the word erets, translated in the real word in the strength of the



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benefit of the doubt; and never ones of the doubt, and never ones, and will extract only have the doubt, and and purpose is rain. Us sting and printed directions mention clothing and biseuit and other food, medicine, which is the community.—Epictetus.

If I have made one weary life the brighter.

If I have made one weary life the brighter.

If I have made one comrade's burden lighter.

If I have made one comrade's burden lighter.

I have not lived in vain.

—Norman Cole.

We forget that there may be made little, the life the life the life the life the life the lighter.

I have not lived in vain.

—Norman Cole.

We forget that there may be made and each plant of the device of the life the life

be to be swallowed up in death. So is the drunken man. Or as a pilot who has gone to sleep when his ship to be swamped with the waves which he might have outridden.—Pentecost. Stupefied, besotted men know not, where they are or what they are doing, and when they lie down they are as if tossed by the rolling and when they lie down they are as if tossed by the rolling waves of the sea, or upon the top of a mast. Their heads swim. Their sleep is disquiet, and froughts of the sea, allowing the tilestone drunken man was allowed up in death. So is supposed to the troughs of the sea, allowing the tilest and passions, and the drunken death in down the steps toward hell. The tongue also "grows unruly and talks extravagantly; by it the heart utters perverse things, things contrary to reason, religion and common or the above that this verse refers to the seen have the possion waves of the sea, or upon the top of a mast. Their heads swim. Their sleep is disquiet, and trought of the sea and a common to the sound of the sea and the sea

It Causes Flat Chest and Round Shoulders-Natural Position.

Shoulders—Natural Position.

By folding your arms you pull the shoulders forward, flatten the chest and impair deep breathing. Folding the arms across the chest so flattens it down that it requires a conscious effort to keep the chest in what should be its natural position. As soon as you forget yourself down drops the chest.

We cannot see ourselves as others see us. If we could many of us would be ashamed of our shapes. The position you hold your body in most of the time soon becomes its natural position. Continuously folding your arms across the chest will develop a flat chest and a rounded back.



est tension both of brain and nerve force.

It is scarcely to be wondered at, therefore, that the narcotic habit is so common among doctors. After all, what shortens the doctor's life is overwork, mental and bodily strain manifesting itself at the point of least resistance. resistance.

Tight Money Pinching Many

Tight Meney Pinching Many.

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Fishing for Explosives.

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According to a Grismby (Eng.)
paper, an important series of secret
experiments is being made on behalf
of the Government by two local trawlers, the Algorna and the Andes,
which for several days have been in
the English Channel testing the efficacy of their trawl net in bringing
up dummy submarine mines. The
trawl sweeps the bottom of the sea,
and is of immense holding capacity,
while the network is eminently suited
for removing explosives. Stray mines
broken from their moorings would
also be caught by the same means.
The skippers not only know every inch
of the North Sea, but they can manoeuvre trawlers to sweep the bed of
the sea at any given spot in remarkably quick time