

humanity; and a feeling of pity will go out toward those who seek to injure us. We want to enlarge this capacity to love; to *increase* it should be a thought uppermost with us. Let us endeavor to live lives worthy of being loved, *then* will that be meted out to us that will be all sufficient for our individual needs. They who live in God dwell in God. Do we not see that to live in this beautiful relationship with the Divine will bring us into perfect harmony with our fellow-men everywhere? How careful are we of this mortal garment that perishes with the using? Do we realize our accountability for the condition of the moral atmosphere that surrounds us? Are we just as careful to keep this *pure* as we are to minister to our physical requirements? Let us seek for the Truth that will banish human fear and nourish up to that which we call the eternal life.

Mary Travilla arose with the words, "Be still and know that I am God" This command is in line with the basic principle of Friends, to which the founder of our Society repeatedly directed us. "Mind the Light," not the light that our forefathers carried, but that which comes to each one present this morning. It comes as an individual message into each soul, enabling it more and more to realize the omnipotence of that energy that has made us what we are. O, the beauty of silence and its power to calm the mind amid the rush and turmoil of this life! If permitted it will make us spontaneous sons and daughters of God, "masters of the situation" upon all occasions and under all circumstances. If we find our path limited, let us not be impatient, but go forth in the spirit of freedom and strive to broaden it. Let us not attend our Meeting from mere form or habit, but prompted by a higher motive *seek* the silence, come more to the *centre* of our being. We need the meeting hour; here we come in touch with the great

Over Soul and the silent forces of the Spirit. We will *always* have conditions in life to meet. Have we strength to meet these conditions? "Waves as they come against us seem to overswell us." Have we the courage to meet them? If I have one message for you it is express the God-given love in your heart; rely upon the voice of God; learn to look for it, wait for it, and obey it. May we trust it *more* and co-operate more with it.

Rachel Lippencott arose with these words, "Faith without works is dead." We are prone to contract our work with that of others. Now this is wrong. It is a barrier to progress. Is not the time already here? We have so many opportunities—the obligation seems to be laid upon many of us. I feel that I must be lending this encouragement, though I am but a feeble instrument. If the call comes to anyone of us let us not plead excuses, but come with perfect love that casteth out all fear. Not those alone who are called to the local ministry, but each and everyone. "Faith without *works* is dead." We are constantly feeling our frailty, contrasting our work with that of one who perhaps has been *more faithful* than ourselves. We set with folded hands, holding back for a more convenient time. This is not as it should be. Let us turn our hearts in thankfulness to Him who is willing to guide us, and go forth, each to his and her place, performing cheerfully and willingly the *work* which must attest our faith.

"THIRD QUERY."

Paper read by James Pound, Jr., at the Young Friends' Association held at Sparta, Ontario, Canada.

"Are Friends clear of the use of all intoxicating liquors as a beverage? Are they thoughtful to extend a proper influence towards total abstinence in their neighborhoods, and to give due help and encouragement to the intemperate for their reformation; and do they avoid frequenting taverns and