

Hope's Quiet Hour.

A Very Present Help.

God is our refuge and strength, a very present help in trouble.—Ps. 46:1.
The Lord stood by me, and gave me power.—2 Tim. 4:17, (R. V.)
Lord, what a change within us one short hour
Spent in Thy presence will prevail to make
What heavy burdens from our bosoms take;
What parched grounds refresh as with a shower!
We kneel, and all around us seems to lower;
We rise, and all—the distant and the near,
Stand forth, in sunny outline, brave and clear.
We kneel; how weak! We rise; how full of power!
Why therefore should we do ourselves this wrong,
Or others, that we are not always strong?
That we are ever overborne with care,
That we should ever weak or heartless be,
Anxious or troubled, when with us in prayer,
And joy, and strength, and courage are with Thee?

TRENCH.

I fancy I can hear some of you saying, as you glance carelessly through the lines given above.—“Why doesn't Hope give us something new? I have read that selection about a hundred times already.”

My object is not to tell you anything new, but rather to win entrance for old truths. We see words with our eyes, and hear words with our ears, which never reach the heart at all. Why have you read those words about prayer so often? It is because a great many people have felt their force and have passed them on.

Our first text to-day takes us back about 3,000 years. The Psalmist knows well what trouble is. He has seen the heathen raging in fury and the strong kingdoms shaken, yet he declares that he will not be afraid even though the mountains should be overwhelmed with the sea. Why? Because God is with him, his Refuge and Strength, a very present Help in trouble.

The next text was written about a thousand years later. Let us look at the writer.

Some years before—during his first imprisonment in Rome—he had described himself as “Paul the aged.” Then he was living in his own hired house though always chained to a soldier. Now he is again a prisoner. Perhaps he is confined in the dungeon which is still shown in Rome. One who had seen that dungeon described it to me. There are two cells, one above the other, and the lower one is entered only by a round hole in the floor of the upper one. How long St. Paul had been confined in that foul, close dungeon we do not know; but he felt sure the end of his earthly course was drawing near.

Writing to his dear adopted son, the young bishop of Ephesus, he describes the first day of his trial. Perhaps he had been accused of setting fire to Rome. The emperor Nero, who was suspected of starting the great fire himself, accused the Christians of the crime, and many of them were thrown to the lions or burned as torches to light the imperial gardens.

St. Paul had faced the crowds, gathered at his trial, with fearless calmness. He stood alone (apparently) with no advocate to plead for him. Even his friends had forsaken him in the hour of danger. But—like his Master—though apparently alone and defenceless in the hands of cruel foes, yet he was not alone. He wrote in the letter to Timothy: “But the Lord stood by me, and gave me power; that through me the message might be fully proclaimed, and that all the Gentiles might hear; and I was delivered out of the mouth of the lion. The Lord will deliver me from every evil work, and will save me unto His heavenly kingdom.”

He had been given a splendid opportunity to deliver his message to the Gentiles, and the Lord had stood by him and given him power. It was not personal safety he eagerly desired, but the chance to proclaim among the Gentiles the unspeakable riches of Christ. His message having been faithfully delivered he was ready for the next great adventure—that sharp stroke of the executioner which

Candy a Splendid Food

One of the most attractive forms in which food can be eaten—is candy.

Candy is composed principally of sugar, nuts, fruits, some fats such as butter, and chocolate.

All these ingredients are recognized by eminent medical authorities as food products, which the system craves and demands.

Let us examine their food values separately.

We all know that sugar is a body-building essential; about one-quarter pound of sugar being required by an adult every twenty-four hours.

Nuts and fruits yield a high percentage of nutritious materials.

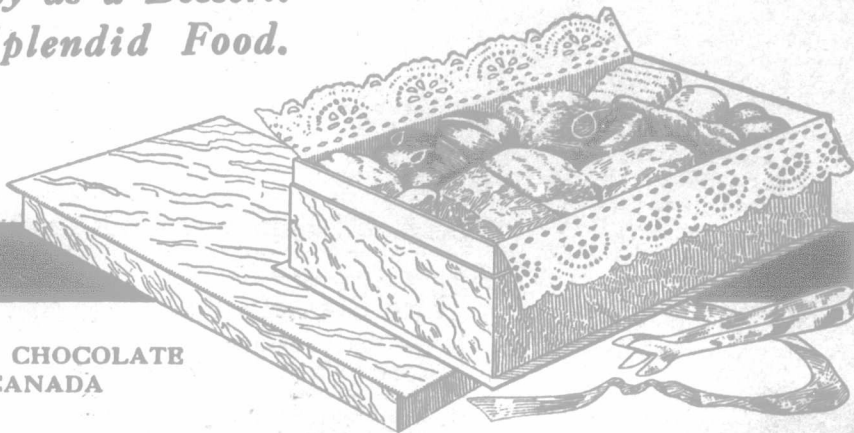
Fats supply the bodily fuel and should be used in every dietary.

Chocolate is a delightful stimulant, especially valuable in restoring energy.

Combine these ingredients and are they not still food?—satisfying, nutritious, essential and in a most delightful and properly balanced form.

Eat more candy. Candy is beneficial to all and harmful to none.

*Serve Candy as a Dessert.
It Is a Splendid Food.*



CONFECTIONERY AND CHOCOLATE
INDUSTRIES OF CANADA