FOUNDED 1866

FEBRUARY 6, 1919

hour

take;

shower!

lower;

cleár.

power

this wrong,

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

Spent in Thy presence will prevail to make What heavy burdens from our bosoms

What parched grounds refresh as with a

We kneel, and all around us seems to

We rise, and all-the distant and the near, Stand forth, in sunny outline, brave and

We kneel; how weak! We rise; how full of

Why therefore should we do ourselves

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?

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.

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

Some years before—during his first imprisonment in Rome—he had de-scribed 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 stil!

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

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.

the writer.

was drawing near.

Our first text to-day takes us back about

TRENCH.



are deal.—To them t mean "combine."

Furrows the conne who believes in ion as a means of lfare should read just here, it is not nity to quote the in-chief in London lvocate, both East ys stood for coad it not been for rn Farmer's Advo-Farmer, the Grain ad a soil much less ork. Mr. Mooreon this, but that is

conclude, reveals way that is worth ows that almost rs a big movement. s martyred,-but ils before martyr--It shows, s of success, and long bright vista

mers of Ontario" logical extension of the West invaluable. It may be avoided ght thrown upon e face of struggle; nts out, with no ear road of high one upon which long walk with

nterested in this want to consider Grain Growers it given in full l take the trouble age 2086 of the issue of The Home Magazine, th an accompany ers of the Canare at Winnipeg. emembered that continually exought up in the and which may e larger program ian Council of th, for instance, wers, in session solution looking oor unions and

de. To return. onsider himself s succeeded in Moorehouse's shelves of the ing farmer in Z. I. P.

Reciter.

THE FARMER'S ADVOCATE.

ndid 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.

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ch, of Toronto, piled a book of n exclusively best Canadian IcCrae, Archiarman, Albert Service, W. H. ter, James B. Ralph Connor, ore of others. ade from both and gay, and there is nothe whole book. ateur speakers ed to the art interpretation not straining will be found to give readainments durit ask at your McClelland ronto.

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 opportun-ity 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 un-searchable riches of Christ. His message having been faithfully delivered he was ready for the next great adventure-that sharp stroke of the executioner which

