

## The Quiet Hour

FOR THOUGHTFUL PEOPLE

### GREATNESS THROUGH SUFFERING.

If I am great, I've shared the birth-pangs of the world; and shuddered on the crest of howling seas; Touched the depth, and reached remotest star, And my brow received divinest scar.

Mark of ownership inscribed by pain, Burning the blood that tinged the quivering brain.

The piercing stilet of the primal curse, Becomes the duelle, healing, tender nurse, Soothing the passions of the troubled soul.

Crowning the life with Love's supreme control.

What if Love's firstborn brings the keenest pain? First note of life's most trembling strain.

And swelling bust emits life's fragrant breath?

### PRAYER.

Most merciful God, our Heavenly Father, who didst send Thy Son, Christ Jesus, to be the Saviour of the world, we bless Thee that we have heard the gospel of Thy grace, and we recognize the commission which Thou hast given to us, and when we see Thy salvation, we acknowledge and confess that by our unfaithfulness and the inconsistency of our lives we have too often hindered rather than promoted the advancement of Christ's kingdom. Be merciful to us and forgive our sin, and leave us not destitute of Thy manifold gifts, not yet of grace to use them to Thy honor and glory. Let Thy word be proclaimed everywhere and let all men see Thy salvation, through Jesus Christ our Lord. Amen.

### THE BLESSING OF SICKNESS.

A Christian man of intense business enterprise and activity was laid aside by sickness. He, who never would permit his labor to be interrupted, came to dead halt. His restless limbs were stretched motionless on the bed. He was so weak that he could scarcely utter a word. Speak to a friend of the contrast between his condition now and when he had been driving his immense business, he said: "Now I am growing. I have been running my soul thin by my activity. Now I am growing in the knowledge of myself and of some things which most intimately concern me."

Blessed, then, is sickness, or sorrow, or any experience that compels us to stop; that takes the work out of our hands for a little season that empties our hearts of their thousand cares, and turns them toward God, to be taught of Him.

### THE REAL GOSPEL.

The peculiar pain which the love of God has provided salvation for sinners, is the atoning death of Christ on the cross. Our Lord says to Nicodemus: "As Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whosoever believeth in Him should not perish, but have eternal life."

By being "lifted up," our Lord meant nothing less than His own death upon the cross. That death, He would have us know, was appointed by God to be the life of the world. (John vi. 51.) It was ordained from all eternity to be the great propitiation and satisfaction for man's sin. It was the payment, by an Almighty Substitute and Representative, of man's enormous debt to God. When Christ died upon the cross, our many sins were laid upon Him. He was made "sin" for us. He was made "a curse" for us. (2 Cor. v. 21; Gal. iii. 13.) By His death He purchased pardon and complete redemption for sinners. The brazen serpent, lifted up in the camp of Israel, brought health and cure within the reach of all who were bitten by serpents. Christ crucified, in like manner, brought eternal life within reach of lost mankind. Christ has been lifted up on the cross, and man looking to Him by faith may be saved.

The truth before us is the very foundation-stone of the Christian religion. Christ's death is the Christian's life. Christ's cross is the Christian's title to heaven. Christ "lifted up" and put to shame on Calvary is the ladder by which Christians "enter into the holiest," and are at length landed in glory. It is true that we are sinners—but Christ has suffered for us. It is true that we deserve death—but Christ has died for us. It is true that we are guilty debtors—but Christ has paid our debts with His own blood. This is the real gospel! This is the good news! On this let us lean while we live. To this let us cling when we die. Christ has been "lifted up" on the cross, and has thrown open the gates of heaven to all believers.—Ryle.

### SECRETS.

I will utter things which have been kept secret from the foundation of the world. Matt. xiii. 35.

How gradual the unfoldings of works and ways! What was obscure is now clear, what was dark is now day; we

know in part, and trust for more. He is infinite and we are finite, therefore we cannot know all. Our joy may be the joy of finding forever and never finding to the full. Man is a searcher, his scrutiny takes a wide range, he looks—

I. At man. His methods, discoveries, inventions, and hidings. How many have searched in the Bay of Fundy in the caves for the gold hidden by Captain Kidd. Man searches into—

II. Matter. Mountain heights, ocean depths, the stars, the mines. How endless, exciting and profitable the secrets of nature. Man knocks at the rocky door, and strange to say gets an answer.

III. God, His nature, attributes, and government. "My soul searches for God." "Canst thou by searching find out God?" "Hast thou heard the secret of God?" Job. x. 8. "Who hath stood in the secret of the Lord?" Jer. xlii. 18. To man's mute prayer He replies, "I answered thee in the secret place of thunder." Psalm lxxxi. 7. "He makes darkness his secret place." Psalm xviii. 11. Secret things belong unto Him. It is His glory to conceal, and yet He says "I will give thee hidden riches and secret places." Jer. xxxii. 24. Oh, that I knew where I might find Him! Oh, the joy to hear these words: "I spake openly to the world, and in secret have I said nothing." John xviii. 20. His secret is with the righteous. The secret of the Lord is with them that fear Him. To counsel, encourage, enlarge, and in time of furious trouble He shall hide me in the secret of His tabernacle. Psalm xvi. 1. He hides from the secret of the wicked, defending with succor and salvation. The Father seeth in secret and rewards openly. Defends from outward attack and from inward foes. "Cleanse thou me from secret faults."

In the secret of His tabernacle what treasures He unfolds, how near we come in counsel! Shall I hide from Abraham the thing that I do?" Are not His people His jewels, His treasures. His chosen ones, in whom is all His delight? Walk about Zion, tell the towers, mark the line of defence. On every hand we see the beauty of the Lord. For all our wants we discover a full supply.

"O city, where God's people dwell! O home, where no sweet bonds are given! O country of Emmanuel! The only fatherland is heaven." Beamsville. H. T. Miller.

### THE ROCK.

Guarding the entrance to the Mediterranean, and almost within compass of Africa, stands a mighty upheaved natural fortress; one of the most impregnable fortresses in the whole world; which, though of limited extent, yet is one of the most valued appanages of the British Crown, as commanding the short route to India, to Australasia, and to other of the numerous territories of that mightiest Empire the world has ever seen—Greater Britain.

Forced upwards by some tremendous natural agency, the Rock of Gibraltar rears its lofty maned head like some gigantic lion crouching defiantly for an onslaught. And, on closer inspection, it is indeed a formidable defence against any foe. Bristling with innumerable cannon, honeycombed with galleries pierced with embrasures, from each of which a powerful gun projects, with masked batteries invisible to the enemy, but armed with gigantic cannon of the latest type, galleries cut in the rock in all directions, vast storehouses capable of storing sufficient food to sustain a garrison for a long siege; it would appear impossible for any foe to lower the flag, yet it was so long braved the battle and the breeze.

And the slopes of that Rock are in parts extremely beautiful. Public and private gardens, adorned with palm trees and flowering trees and shrubs, which in that genial climate grow with luxuriance, while higher up the Rock brilliant wild flowers carpet it with parterres of many-hued bloom; the forests, yet higher, being the abode of a number of large monkeys of the baboon type, said, in times of dearth, to descend from the heights to the fastnesses and even savagely to attack unwary wayfarers.

In the town itself is a motley, crowded assembly of many nationalities; but the Rock is a reminder that the Rock of Ages is the surest defence both for time and for eternity. For the Saviour of the world, who by His sufferings and death has redeemed us—for all that agony and all that scorn and contumely were borne at the punishment due to us—is ever ready to receive all who will but come unto Him for eternal life in the land of glory.

HIDDEN IN THE FOLIAGE. "Dart the cat!" "What's the matter, girl?" "Oh, the cat went to sleep on my new hat and I wore her down town and back!"—Louisville Courier-Journal.

## RHEUMATISM

ITS CAUSE AND CURE EXPLAINED.

Most people believe because cold aggravates rheumatism, that cold must cause the trouble. Any doctor will tell you that rheumatism originates in the blood and is caused by Uric Acid, an irritating poison that settles in the nerves, joints, muscles and fibrous tissues. You can't permanently cure rheumatism by rubbing with a liniment—you must go deeper and reach the blood itself. Anything that will dissolve the Uric Acid poison will cure rheumatism. Hundreds of remedies have been tried, but the one that meets with best success is Ferrozone, which destroys rheumatic virus with wonderful speed. When you take Ferrozone the blood is quickly enriched—irritating materials that cause pain are destroyed, aches and twinges cease at once. The nerves are given new power by Ferrozone, appetite and digestion improve, and in consequence the general health is built up. With the body made strong, with new vigor circulating throughout the system, a reserve force is created that is more than sufficient to ward off future attacks. With the same certainty that you wait the rising and setting of the sun, so surely can you depend on Ferrozone in rheumatism, whether inflammatory, muscular or chronic. Being perfectly safe—all can use it, young and old, 50¢ per box or six for \$2.50 at all dealers.

## GROWING BOYS AND GROWING GIRLS

Need Dr. Williams' Pink Pills to Give Them Health and Strength.

Growing boys as well as girls need such a tonic as Dr. Williams' Pink Pills to keep the blood rich, red and pure and give them health and strength. Mrs. Edward Koch, postmistress at Prince's Lodge, N. S., tells the great benefit her little son has derived from the use of this world famous medicine. Mrs. Koch says: "My little son, Reginald, had been troubled with anæmia, almost, since birth. He was always a sickly looking child, with no energy and little or no appetite. His veins showed very plainly through his skin and he had several serious attacks of stomach and bowel trouble, and on one occasion his life was despaired of by two doctors, who were attending him. His little body was slowly wasting away until he was nothing more than a skeleton. He was peevish and fretful and a misery to himself. Having read and heard so much of Dr. Williams' Pink Pills I determined to try them in his case, and after giving them to him for a couple of months they certainly worked wonders with him. To-day he is fat and healthy looking; he has a hearty appetite, is able to play like other children, and is bright and energetic, instead of dull and listless as he used to be. Dr. Williams' Pink Pills have changed my puny, sickly child into a rugged, hearty boy."

Dr. Williams' Pink Pills cured this sickly boy because they went down to the root of the trouble in his blood. That is why they never fail. Bad blood is the cause of all common diseases like anæmia (bloodlessness), eczema, pale, leaden complexion, indigestion, kidney trouble, neuralgia, rheumatism and the special ailments that only growing girls and women folk know. Dr. Williams' Pink Pills don't bother with mere symptoms, they cure diseases through the blood. They don't cure for a day—they cure to stay cured. Do not take any pills without the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Brockville, Ont.

### TIMES PATTERNS.



A Practical Outfit for the Busy Woman.

No. 8454.—The busy housekeeper will not fail to recognize in the accompanying illustration, a most attractive and practical outfit, consisting of apron, cap and sleeves. It will afford protection to the daintiest gown, and will leave the hair neat and tidy even after a busy morning's work. The front is cut in Princess style and fits close to the figure. A prettily shaped bib extends over the shoulders in a manner very becoming. Gingham was used for the making, but percale, linen and Holland are suggested. The medium size will require 4½ yards of extra for the cap and sleeves.

Ladies' apron sleeve protector and cap. No. 8454. Sizes for small, medium and large.

A pattern of this illustration will be mailed to any address on receipt of 10 cents in stamps or silver.

Address, "Pattern Department," Times Office, Hamilton.

It will take several days before you can get pattern.

The delicious flavor of "Salada" Tea is largely due to the care used in the cultivation and preparation, and to the fact that it is packed in sealed lead packages, which prevent it coming in contact with articles that would affect its flavor.

Worth Knowing.

An India-rubber hot water bottle is easily cleaned. Wash it well with lukewarm water and soap, rubbing on the soap with a piece of flannel.

When ironing a starched garment and a part of it becomes dry, do not dampen with water, but with a cloth wet with a little cold starch. This will keep all parts of the garment of equal stiffness.

The best way to freshen home-made bread so that it is as good as new is to dip the loaf in cold water, put it in a pan and bake it until it is heated through. Then wrap it in a damp cloth and when cold it is as good as when first baked.

A perforated piepan placed over the treacle can be used to keep a dish of food warm.

A great many blemishes on wall paper may be removed with a rubber on a lead pencil.

Dried lemon peel sprinkled over coals will destroy any disagreeable odor about the house.

Potato water is excellent for cleaning mud stains from nearly any kind of cloth or garment.

### OLD STUFF.

"I have an heirloom on this table," said the landlady, that has come down to me through four generations. "I thought so," mused the new boarder. "Why don't you get a different butter dealer?"—Cleveland Leader.

## SUNDAY SCHOOL LESSON

LESSON V.—MAY 2, 1909.

Paul's First Missionary Journey—Song of the Service.

Commentary.—I. First solemn missionaries called and sent out (vs. 1-4). I. The Church... at Antioch (This church must have been large and flourishing at this time. Prophets and teachers—The prophets were those most open to receive, and able to speak the truth God revealed to them; men with insight and foresight, rather than instructors (1 Cor. 12; 28). By teachers are meant stated and permanent teachers, answering somewhat to the pastor of a modern church.—Abbott. Barnabas—Barnabas was a preacher and it is not known if he was a prophet, and his name and teachers' here simply designate the preachers of the gospel.—Barnes. Simon—Niger—Niger means black, but there is nothing in that to indicate that this man was black. Nothing more is known of him than is mentioned here. Lucius—He is probably the same person whose name is mentioned in Rom. 16; 21. He may also have been one of those who first carried the gospel to Antioch (chap. 11; 19, 20). Cyrenus—A celebrated city (Mark 9, 29), especially of the population was Jewish. Mannaen the foster-brother of Herod (R. V.)—Hackett thinks his mother was probably Herod's nurse. He was evidently a person of influence. This was Herod Antipas, who murdered John the Baptist. Mannaen must have become a Christian out of very bad surroundings. He was probably a man of strong character. And Saul—Named last because he was the most prominent. Herod becomes the chief of all the apostles.

2. They.—This probably refers not only to the five ministers present, but also to the church. Ministered—In a special service of prayer and praise, to ascertain the revelation, select the missionaries, and assigns to them their work. "Separate me—That is, set them apart, or ordain them for the special work whereunto I have called them—the work of foreign missions. Paul was clearly called to this work at the time of his conversion (Acts 9; 15; 22; 21; 26; 17). Barnabas was called, in a more general way, by fitness, by providence, and by an inward call. This was the Spirit's endorsement of the Spirit's call.

3. Fasted and prayed—A most solemn and important service, observed, probably, by the whole body of the church. They needed wisdom and ability to accomplish the great work they were now about to undertake. Laid their hands—By this ceremony or consecration, they ordained them—not to an order, but to a mission. It did not make them deacons, elders, or bishops, but missionaries. Sent them away—From Antioch, as missionaries to other lands. They were released from their home duties. Christianity is a missionary religion. Although those men had a divine call to the work, yet they did not go until the church endorsed this call and sent them out.

II. Preaching the Gospel in Cyprus (vs. 4, 5).

4. Being sent, etc.—The expression here is similar to that found in the previous verse, and shows the call of the Spirit first, and next, that of the church. The Holy Spirit originates the missionary enterprise. All objections, therefore, to the work arise from a lack of fitness of the Spirit. Unto Paphos—This was the seaport town of Antioch, on the Mediterranean Sea. Antioch being twenty miles inland. Sailed to Cyprus—This island, in the Mediterranean Sea, was originally the home of Barnabas (chap. 4, 36). For this reason, among others, it would be a good field in which to begin their work. The inhabitants were mostly Greeks. Some were already Christians. At Salamis—the Greek capital of Cyprus, and the nearest city in their approach to the island, after a few hours' sail. John to their minister—"As their attendant."

R. V. This was John whose surname was Mark. Each individual referred to in the last lesson.

III. Contending with an impostor (vs. 6, 11).

6. Gone through the isle—They traveled the whole length of the island from east to west, evangelizing. Unto Paphos—the chief town of the island, about one hundred miles from Salamis. "Here the problems they came out to face met them in the most concentrated manner. Paphos was the seat of the worship of Venus, the goddess of love, who was said to have been born of the foam of the sea at this very spot; and her worship was carried on with the wildest licentiousness. It was a picture in miniature of Greece sunk in moral decay. Paphos was also the seat of the Roman government."—Stalker. Sorcerer—A magician, or fortune-teller. "The magicians did not merely pretend to foretell the future, but also to influence it, by the control which they claimed to exercise over the inferior gods or demons."

A false prophet—An impostor in that he falsely professed to be a prophet of the true God, who teaches and guides by the true and false standard of morals, and a Jew—a Jewish quack whose art was a picture of the lowest depths to which the Jewish character could sink.

Stalker. Bar-jesus—This was a Jewish name. The prefix "Bar" is Hebrew and signifies "son." Bar-jesus therefore signifies the Son of Jesus, a common name among the Jews; but the Syrian calls him "Bar-shama," the son of pride.

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means "the wise." Perhaps he was born in Arabia, or had lived there, and may have assumed this name in a boastful spirit, or he may have received it from others as a compliment to his skill.—Hackett. Withstood them—Opposed them, as the magicians in Pharaoh's court withstood Moses. He saw his power was gone if the pro-consul accepted the truth. To turn away.—The effort of the sorcerer was to keep him from becoming a believer in the doctrine of the apostles. No doubt they had heard much about the teachings of the apostles since landing at Salamis. 9. Then Saul.—Paul—This is the first time the name Paul occurs, and the last time where he is called Saul. The Gentile apostle here assumes a Gentile name. "Saul" is Hebrew, "Paulus" is Latin. The word signifies "little," alluding to his smallness of stature and appearance (2 Cor. 10, 1-10). Filled, etc.—The tense of the Greek participle implies a sudden access of spiritual power.—Plumptre. Set his eyes—"With a piercing gaze which looked into his very soul." "Paul now unfolded for the first time the mighty powers which lay in him." 10. Subtlety—"All guile and all villany."—R. V. Thou expert in the art of deceiving men. Son of the devil (R. V.)—Subtlety is a characteristic of the devil (Gen. 3, 1, 2, 2 Cor. 11, 3). Enemy, etc.—Saul was an enemy of truth and holiness. Pervert.—He perverted the truth and God's way of saving men.

11. Pious.—"They ministered to the Lord" (v. 2). When we pray, or read the word, or go to church, or work to win souls that we may obtain peace and happiness, we minister to the spiritual self; when we do these to please our pastor we minister to him: when we watch to know God's will (Hab. 2, 1), worship at His feet (Psa. 123, 2), work only to glorify Him (1 Cor. 10, 31), we minister to Him.

12. Fasts.—And fasted" (vs. 2, 3). Believers from the days of Paul, until now, have found "fastings" profitable (2 Cor. 6, 1, 5, 6). "Days set apart for fasting, reading the word and prayer are days on the verge of heaven. Fasting gives clearness of mind, quickness and accuracy in seeing moral distinctions. In order to perfect contentment of spirit, the soul must have easy jurisdiction over the natural appetites and this is the great advantage of fasting. The soul gathers firmness and reinforces its power over the body."

13. Proclaiming.—"They proclaimed the word of God" (v. 5, R. V.). Barnabas and Paul never doubted the divine inspiration, nor the infallible authority of the word. In all Paul's references to the Scriptures there is no suggestion of error in chronology, misstatement of history, false principles of ethics, tyranny of future punishment, unjust conception of the Deity, or impossibility of the Trinity. Not a hint about the "mythical epic poem of Job," the "allegory of the creation," the "legend of the deluge," the "parable of Lot," the "fable of 'Jonah,' or 'two Isaiahs.'" His bold witness for the truth was unimpaired because he proclaimed the word of God.

14. Persecuted.—"Elymas the sorcerer withstood them" (v. 8). The history of missions has many incidents of heathen opposition. Elymas had few tales so repulsive with terror as the suffering and suspense of Ann Judson because of the cruel opposition of the Karens. The lives of Hamington, Livingstone, Brainerd, Moffatt, Carey, and Morrison are filled with instances of the suffering and suspense of Ann Judson because of the cruel opposition of the Karens. The lives of Hamington, Livingstone, Brainerd, Moffatt, Carey, and Morrison are filled with instances of the suffering and suspense of Ann Judson because of the cruel opposition of the Karens. The lives of Hamington, Livingstone, Brainerd, Moffatt, Carey, and Morrison are filled with instances of the suffering and suspense of Ann Judson because of the cruel opposition of the Karens.

15. Powerful. Saul... filled with the Holy Spirit" (v. 9). The indwelling of the Spirit by the new birth, the calling and commission of the Spirit to a specific work, must be accompanied by the filling of the Spirit if men would face the children of the devil and show the power of God.

16. Punishing.—"Thou child of the devil, thou son of Belial, who art full of guile, thou shalt be blind" (v. 10). The hand of the Lord is upon thee, and thou shalt be blind (vs. 10, 11). Denunciation and judgment have a part in the divine economy. Filled with the Spirit, controlled by the Spirit, men have denounced sin and pronounced sentence upon the sinner, and God has proved that the inspiration was divine, not devilish. Paul's divinely inspired sentence upon the sorcerer was, 1. Merited. Elymas had pretended to work signs among a deluded people; he should know what a sign was. He had kept others in the dark; he should guide himself. He had tried to take from another the help of a hand divinely proffered; he should seek the leading of a human hand. He had taken money from others; he should be reminded of his past. 2. Mild. Only blindness. Ananias and Sapphira were struck dead. 3. Merciful. Only "for a season." There was space for repentance. 4. Made useful. "The deputy," believed" (v. 12). God can bring "for a season." There was space for good out of evil.

17. Prospered.—"Sergius Paulus... desired to hear the word of God" (v. 7). A. C. M.

DELICATE LITTLE CHILDREN MADE WELL AND STRONG.

The little ones are frail. Their hold on life is slight. A slight disorder may become serious if not promptly attended to. At the very first symptom of trouble Baby's Own Tablets should be given. This medicine promptly cures indigestion and stomach troubles, constipation, and brings the little teeth through painlessly. You can give the Tablets with equally good results to the new-born baby or well grown child. Mrs. R. G. Jewell, Wexford, Ont., says: "The gift of Baby's Own Tablets has found them a perfect medicine for stomach and bowel troubles." Sold by medicine dealers or by mail at 25 cents a box from Dr. Williams' Medicine Co., Brockville, Ont.

From a Scientist's Notebook.

England and Wales have three-quarters of a million paupers.

In Great Britain there are nearly 1,000,000 paupers.

A ton of Dead Sea water will yield 187 pounds of Salt when evaporated.

About 87 per cent. of the farmers of Canada reside over their own farms.

The gifts of John D. Rockefeller for the (Chicago) University now total over \$25,000,000.

Australia covers 26 times as much area as the British Isles, but its population is less than that of London.

In London there are about 1,800 charitable agencies, dispensing \$50,000,000 annually.

North America supplies more than

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The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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