The Quiet Hour

FOR THOUGHTFUL PEOPLE

HEART BALM

Selected.

Tell me about the Master;
I am weary and worn to-night.
The day lies behind me in shadow,
And only the evening is light!
Light with his radiant glory
That lingers about the West.
My poor heart is a weary, aweary,
And longs like a child for rest.

Tell me about the Master, Of the hills he inloneliness trod, when the tears and blood of His an

Dropped down on Judea's sod.

For to me life's seventy milestones
But a sorrowful journey mark;
Rough lies the hill country before me,
The mountains behind me are dark.

Yet I know that, whatever of sorroy Or pain, or temptation befall, ne infinite Master has suffered, The infinite Master has surfered,
And knoweth and pitieth all.
So tell me the sweet, old story,
That falls on each wound like a balm,
And my heart that was bruised and
broken

Shall grown patient, and strong, and

O God, to whom alone the hearts of men are open, look into our hearts to-day, and cleanse our spirits of all grossness on this Thy Sabbath day. In all the ages has this sublime season of meditation been given to man for converse with Thee, and we now pray Thee to teach us as Thou didst teach those of old to walk with Thee, and to state of the sweets of close communion. state of the sweets of close communion with Thee. Amen.

FOREIGN MISSIONS.

(Rev. S. Lyle, D. D.) (Rev. S. Lyre, D. 15.7)
Besides, how can we help foreign missions better than by developing strong liberal and Spirit-filled churches at home? From such churches we get our missionaries and their support. If the home? From such churches we get our missionaries and their support. If the extremities are to be healthy, full of life-blood, and play the parts assigned them in the organism, the heart must be sound, its beat true, and its blood pure. A weak, diseased heart means an enfeebled and dying body. A church whose heart is not right in God's sight, and whose every must be at its life. whose heart is not right in God's sight, and whose every pulse-beat is low, slow and fitful, will not, and cannot, go forth conquering and to conquer. The world's hope, humanly speaking, centres on the church's health and heart. In the interests of the foreign field let the home be cultivated with all care and all diligence, and all cost, whether of men or means. Canada is the low to Latin. gence, and all cost, whether of men or means. Canada is the key to India, to China, to Japan, to Africa, and to the islands of the sea. In the great work of harvesting the world—the urgent, transcendently important work of Christ—the congregations, called into existence as mission stations, nursed into the stage of self-support by augmentation, take a first place in foreign mission work. They give not less, often much more, than \$70,000 a year to schemes of our church, a large part of which more our church, a large part of which goes to fireign missions.—Harvests in Many Lands.

A DEGENERATE RACE

(By A Banker.) That ancient and once powerful semitic race, the Moors, when in their prime were in many respects far in advance of any Western nation then existing, excelling them not only in architecture and in literature, but also in science. The florid and richly croate style of their architecture has perhaps never been surpased, the enrichments and many hued embellishments of the wonderful Alhambra at Granada, as an example, being probably more brilliant and gorgeous than those of any other building ever erected upon this earth, while many other of the sumptuous palaces erected by them—the splendid regal castle for instance at Cintra near Lisbon, now a summer palace of royalty—compare with almost any even medern structure.

But the Moors are now a degenerate, a retrograde, and a declining race. The population of the City of Messes. That ancient and once powerful se-titic race, the Moors, when in their

retrograde, and a declining race. The opulation of the City of Morocco has declined from 700,000 to about 60,000; declined from 700,000 to about 60,000; while Tangiers, one of their most important towns, is, with the exception of the European quarter, filthy, undraned, and insanitary to the last degree. The streets, after rain, are ankle deep in a

streets, after rain, are ankle deep in a quagmire of offensive, pestiferous mud, and the place reeks with foul and noteme malodours. The little shops are raised during the day and lowered at night, the contents of many of them being but offensive garbage; while almost the whole place has an aspect of squalor, neglect, and noxious impurity.

And yet these same people were once a powerful nation, their Empire extending from Bagdad to the Atlantic, and their army equal, and perhaps superior in bravery and equipment, to the troops of any of the Western nations, who, in vain, for centuries strained every nerve to oust them from the territories in Europe, which they had usurped. But eventually they were, happily tories in Europe, which they had usurped. But eventually they were, happily for civilization and religion, driven out, and the decadence which had already commenced became intensified and ac-

But their fall has been an untold boon to mankind. For what a terrible contemplation if their career of conquest had advanced unchecked, and Europe had been laid under Moslem rule. But lappilly for the human race the Christian nations are now paramount almost everywhere through the world, and the Saviour of the world, He who, though Son of God, deigned for a time to dwell on earth to suffer obloquy and so m, and to give his life as a ransom for those who come to Him for life eternal, is worshipped and adored. But, alas, with some, Christianity is but a form, devoid altogether of life-giving reality!

THE WILL.

The doctrine of the freedom of the human will has been threshed out to flitters, and has long disturbed the harmony of the thining world. Now philosophers rise up and say, we have been will do the the will be only the servent osophers rise up and say, we have been misled, that the will is only the servant of that which is behind. They say that man is ever ready to move, that he does not act, but is ever ready to re-act. That we live by sensations, that mutual pictures are presented; we are pricked, there is pain, we are touched, we respond, we hear a voice, we say, "here am I." That behind the will there the motor, one who, is that which imparts mo
"Salada" Tea.

"In the reason I gave it to you, sir. You can use it as a sinker."—Chi-cago News.

There are over 220 cups of "S lada" Tea to the pound; consequently at 40 cents per pound, the consumer receives tea at the low cost of one-fifth of a cent a cup. There are few other beverages so economical and as healthful as "Salada" Tea.

tion, an originator of mechanical or any

tion, an originator of mechanical or any other power.

The Master said to His disciples as He paused, "Some one hath touched Me."

Here the human touches the Divine. He touched the leper and immediately the man was cured. Here the Divine touches the human. Here is interplay and intertwining of mental and moral fibres which lay at the foundation of all character. The Kingdom of God 's within you. Yea, but it was first without, for no man is saved but by impartation. Our moral fibre is quiet; we have no power to act, for we are dead, (rather a strong word to use, but the New Testament has it), we are touched then we re-act. One man rises up to fight; he is angry, fearful, hostile. Another is touched, he awakes, takes a survey and prays. The quality of the touch, the mellowness of the light, the softness of the environment, the sweetness of the air, make the man an infant in the Kingdom of God. Here we are in the secret place of the Most High. Here we learn Cabinet secrets of the Kingdom. We are not authors, but instruments: We nold not the water of life in the hollow of our hand. We can only lay down the pipes for the water to run in, and stand by and cry, "Oh, taste and see; drink ye of the water to run in, and stand by and cry, "Oh, taste and see; drink ye, of the water of life." We do not make the book, but only find the paper, the printing, the binding, the circulation. God is in the Book, and with the Book and with us, His servants. So His way is known on the earth. Oh to be absorbed, encompassed by Him, His will, His way, His work, His means, His end. Conscious of His presence, and power whose suggestive authority works wonders in us, and in others to whom we go. His will in minuteness, His will in vastness; the dew drop reflects the sun, the sea can do no more. "How can I Lord withhold life's bright-est hour

sea can do no more.
"How can I Lord withhold life's bright-

est hour From Thee, or gathered gold or any power, Why should I keep one precious thing

from Thee? When Thou hast given Thine Own dear self to me." H. T. Miller.

"Constipation For Three Years Had Dizziness, Bad Breath, Headaches, Bad Color, Poor Appetite. Dr. Hamilton's Pills Cured Quickly

Those who doubt if constipation and chronic stomach trouble can be cured, need only read the striking testimony of Mrs. B. C. Currean, of Westport, to know that even if all else had failed, certain cure attends the use of Dr. Hamilton's Pills.

"For full three years I have suffered the torture of billousness constitution."

"For full three years I have suffered the torture of biliousness, constipation and stomach disorders. I had terrible, pains in my head. My appetite faded away and when I did eat anything it disagreed and made me very sick for hours after each meal. The active pains in my stomach and the dizzy headaches I had to endure almost set me wild. Some times attacks came on so severely that I had to go to bed. I would feel so worn, depressed and utterly miserable that for hours I wouldn't speak to my family. My system was poisoned with wastes and nothing helped me till I used Dr. Hamilton's Pills. Without this grand system-cleaning remedy I would still be sick, but each day brought me better health and spirits. It was cured and mide as strong, ruddy and healthy looking as one could wish, and will always use and recommend Dr. Hamilton's Pills." the torture of biliousness, constipation and stomach disorders. I had terrible

Thousands who are in an ailing, low state of health need nothing else but Dr. Hamilton's Pills. They cure blood dis-orders, pimples, rashes, bad color, bil-iousness, liver, stomach and kidney troubles. Mild, certain and safe. Beware of imitations and substitutes, 25c per box or five boxes for \$1, at all dealers or the Catarrhozone Company, Kingston

A CHARMING STORY.

True Story of a Horse That Had the Church-Going Habit.

Many years ago, old Mrs. Parsons Many years ago, old Mrs. Parsons— "Lady Parsons" she was often called— lived in a big, brown farmhouse, on the south side of the beautiful common in West Springfield, Mass., writes A. E. S. from Battleboro, Vt., to Our Dumb Ani-

WEAK, TIRED GIRLS

Will Find Health and Strength Through Dr. Williams' Pink Pills.

There is a time in the life of every girl when the strain upon her blood becomes too great; when she grows weak; has headaches and backaches; when dizziness seizes her and she becomes extremely miserable. That is the time of life she needs a tonic—a medicine that will not fail to enrich her blood and give her strength to withstand the changes through which she is passing. Such a tonic is Dr. Williams' Pink Pills for Pale People. They have raised thousands of growing girls out of the depths of misery and despair to a full enjoyment of good health and strength. Among those who have found good health through these Pills is Miss Suddard, of Haldimand, Que, concerning whose case her mother

writes as follows:
"Dr. Williams' Pink Pills have been a great benefit to my daughter, who was weak and miserable. She was

a great beneit to my daugnter, who was weak and miserable. She was pale, easily tired and was bothered with indigestion. The use of the Pills has brought back her health, and made her strong and active. I am very grateful for what this wonderful medicine has done for her."

Dr. Williams' Pink Pills are the greatest blood builder known to medical science. That is why they cure anaemia, rheumatism, heart palpitation, indigestion, neuralgia, etc. That is why they are of such value to women and girls during the changes through which they pass from girl-hood to maturity. The Pills are sold by all medicine dealers or direct by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

TIMES PATTERNS



PATTERN FOR BATTENBURG LACE COLLAR.

No. 46.—Lace collars are always popular. The one given to-day will appeal to any woman who loves a design that is effective and yet does not have too much work. A cambric pattern for the collar design may be secured for twenty-five cents. Fine linen material to work the lace will be sent for forty-five cents. Fully illustrated directions go with each pattern.



"You say you and your wife got married as a joke?" "We did." "Who is the joke on?"—Louisville Courner-Journal. One must not blunder twice in war .-

The Sunday School Lesson

Comperance Lesson. -- Rom. 13: 8-14. Compentary. -- The law of love (vs. 8-

8. Owe no man—"It cannot be sup-posed that the apostle meant to prohibit the contracting of debts on any account. Christians are indeed under the highest posed that the apostle meant to prohibit the contracting of debts on any account. Christians are indeed under the highest öbligations to pay all legal demands without reluctance or needless delay and with great punctuality, and they should avoid all superfluous expense, and carefully guard against contracting any debts which they have not a reasonable prospect of discharging. They ought also to stand aloof from all adventurous speculations or rash engagements, beyond their circumstances, and whatever may expose them to the danger and discredit of not rendering to all their duek." Love one another—"In the preceding verses, the apostle has been showing the duty, reverence, and obedience which all Caristians, from the highest to the lowest, owe to the civil magistrate, whether he be emperor, king, proconsul, or other state officer; here he shows them their duty to one another, but this is widely different from that which they owe to the civil government; to the first they owe subjection, reverence, obedience and tribute; to the latter they owe nothing but mutual love, and those offices which necessarily spring from it." 9. Shalt not commit, etc.—In this verse the apostle quotes from the law as though he would say that the perfect love which he declares they owe to one another will enable them to fulfill all the obligations of this law. And whatever he has omitted, which the law contains, is all covered in keeping the law of love. Love thy neighbor as thyself—"When this is done in reality there is completeness and we keep the whole law. He that loves an other will not deprive him of his wife, of his life, of his property, of his good name; and will not even permit a desire to enter into his heart, which would lead him to wish to possess anything that is the property of another." The law of love forbids the use of intoxicating liquor forbids its sale to others, and will not permit us to assist those persons who sell liquor to others, either by lending them money, by renting our buildings to them, or in any way givin

10. Worketh no ill-The law of love 10. Worketh no ill—The law of love forbids the doing of anything that would injure ourselves or others. "Where love reigns the golden rule is practised and he who loves, acts toward his neighbor should act toward him: therefore this law of love can never work ill toward another, and thus the law is fulfilled by love." Intemperance is the exact opposite of this. It causes men to break every commandment, and to work ill of every kind to his neighbor.

II. Christian practice (vs. 11-14), 11.

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Intemperance is the exact opposite of intemperance is the exact opposite of intemperance is the state of the control o

Temperance Instruction.—The effects of alcohol are disastrous enough at best, but the injuries to the consumer are immensely increased by the widespread adulteration of linuors. The extent to which rank poisons are mixed and sold for pure liquors, is startling. Any poisons are mixed and sold to be a superficient of the start of

son which is irritant or stimulating in its action, and narcatic in its tendency,

son which is irritant or stimulating 'n its action, and narcatic in its tendency, which benumbs sensation and makes one dizzy, will produce effects si-wilar to those induced by alcohol. There are a number of such poisons which have been widely used. Three cents' worth of strychnine and a gallon of water, when mixed with three gallons of whiskey, often have been sold by distillers as 'pure' whiskey. A retailer buys a gallon of this and proceeds to adulterate it further, making two gallons out of one, by adding stramonium and water. Stramonium, which is a powerful narcotic, is likely to cramp the stomach of the drinker, so a little opium is added to prevent this. Belladonna and coculus are similar poisons often used in adulterations, while a large chunk of tobacco is sometimes put in a keg of liquor to produce its narcotic effect.

It has been said that beer is not brewed now, but manufactured. Chemicals are largely substituted for hops. During a recent epidemic of poisoning in England, ten thousand beer drinkers were stricken with various forms of arsenical poison, and hundreds died. A searching investigation by government experts followed, showing that what was advertised as 'pure, harmless beer' contained Portuguese pyrites, sulphuric acid, white arsenic and brimstone in large quantities. The brewers had overdone the matter a little, that was all one very extensive adulterant is wood alcohol. This is a deadly poison, which sometimes causes blindness even when the and remove the disagreeable taate, it can be mixed with ordinary (ethyl) alcohol without easy detection. Out of 1,000 samples of whiskey recently examined by the pure food commission of Pensylvania, 950 were found to contain the rank poison.

A committee appointed by "one of the leading associations of whiskey manufacturers' to ascertain the cause of the re-

A committee appointed by "one of the cading associations of whiskey manufacturers" to ascertain the cause of the repent prohibition wave, according to newscape accounts, laid the trouble to "bad whiskey." It reported that "enormous sent prohibition wave, according to newspaper accounts, laid the trouble to "bad whiskey." It reported that "enormous quantities of the stuff contains cocaine, wood alcohol, creosote or sulphuric acid. It is well to note that sulphuric acid is one of the two strongest acids known, and its effect on the lining of the stomach may well be imagined after watching it cat iron with great rapidity. This same committee reported that this "bad" whiskey was by no means confined to the low groggeries. It instances one of New York's "largest and most prosperous hotels," which sells a poisonous concein for which it pays \$2.40 a gallon and retails at \$45 a gallon. When it is considered that even the best liquors undermine one's health and lead to mental and moral degeneracy, the revelations of widespread adulteration furnish overwhelming motives for constant total abstinence.—B. L. O.

PRACTICAL APPLICATIONS.

were lowespirited as they started only the started only asked on the started only only asked on the started on the st what father takes." The father had the decanter in his hand, about to pour out the wine, and he dropped it as if it were fire. Laying his hand lovingly on the head of the boy he said, "Waiter, I'll take water." That father loved his boy. A gentleman about fifty-three years of age asked for a lease of life until he could lay up \$500 for foreign missions. This accomplished he asked for another lease of life until he could accumulate \$500 for home missions. Then he asked for a third lease of life that he might lay aside \$500 to endow a poor church of which he was a member. Three leases of life that he might be a blessing.

A. C. M.

The remarkable thing about a woman is that she can bring up not only half a dozen children, but their father.—New

CASTORI

The Kind You Have Always Bought, and which has bee in use for over 30 years, has borne the signature of and has been made under his per-Cheff flatchers sonal supervision since its infancy.
Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifie with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Pare contains an armiess substitute for Castor Oil, Pare-goric, Drops and Soothing Syrups. It is Pléasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhea 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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