THE SPIRIT OF HOLINESS

Preacher Pleads for Our Moral as Well as Our Material Power.

Endowed with power from on high.—Luke xxiv. 49.

Power is something every man wants. We are all struggling to get out of the rank of the nobodies into the rank of the somebodies.

Money is power, and in its pursuit men tear open mountains and sail wide seas and toil early and late. Knowledge is power, and to possess it men read books and excavate buried cities and make experiments in the laboratory and exhaust the brain with perplexing thought. Social position gives power also, and there are those who will make any sacrifice and endure any humiliation to see their names printed in some exclusive list of first citizens.

THE STRUGGLE OF POWER

is as old as the race. Man is inferior in physical strength to many of the animals, but holds dominion over them all. He won his position by annexing power, which he found all about him in abundance. From humble beginnings he has multiplied power almost infinitely. His achievements with expanding steam and flashing lightning and magnetic currents surpass the dreams of Aladdin. The earth has an inexhaustible endowment of material force. In the beginning God equipped it with exhaustless energy. We have learned to command this force. We have taught this energy to serve us. The result is our material civilization.

But man is a spirit. His higher life demands something more than millions of horse power. He needs to wield a moral force surpassing all material force. He is called to the task by annihilating weakness and sin as he has annihilated time and space. The earth is full of moral energy. There has been manifested through the ages a power which impels this world from darkness into light. It is the power from on high. It is the spirit of holiness. All the currents of life are moving in our direction. The universe goes on to perfection.

As we have annexed the material, so we may annex the moral power. In both cases

KNOWLEDGE OF OBEDIENCE

are the keys which unlock the storehouses of energy. We have discovered the laws which govern the forces of nature. We work in harmony with these laws and nature is our servant. If we oppose them they crush us, so we must learn the laws of God and obey them. We must bring ourselves into harmony with the forces of righteousness.

The power from on high enters the heart of the good man. Then he is invincible. He can stand like Athanasius against the world. He is free from doubt. He knows not fear. He draws strength from the inexhaustible fountain of strength. In every controversy he can say: "They that are for us are more than they that are against us." He knows that one with God is a majority.

Thomas Reed Bridges, D.D.

THE S. S. LESSON

INTERNATIONAL LESSON, MAY 23.

Lesson VIII. The Council at Jerusalem. Golden Text, Acts 15: 11.

Introduction.—The world is full of quarrels. There are many men like that of whom a character in Shakespeare says: 'Thou wilt quarre with a man that hath a hair more or a hair less in his head than thou hast. Thou wilt quarrel with a man for cracking nuts, having no other reason but because thou hast hazel eyes. Thy head is full of quarrels as an egg is full of meat." There are many others with one-sided views, which they hold pertinaciously and pugnaciously. In short, the disputes of the world are so many, so varied, and so certain, sooner or later, to involve each of us, that a lesson on quarrels is sure to be useful. If we can learn how to settle disputes wisely, it will be well worth while. That is the theme of to-day's lesson, which concerns a very deep and dangerous controversy that arose in the early church, and shows the wise and thoroughly Christian way in which it was settled.

I. The Point in Dispute.—V. 1. While Paul and Barnabas rested at Antioch after the first missionary journey, what difficulty arose? Certain men, perhaps those sent by James (Gal. 2: 12), came down from Judaea. The Bezan text says that these visitors were Pharisees, members of the strictest sect of Jews. Perhaps they came to investigate rumors of laxity in the church; at any rate they taught the brethren (the verb is in the imperfect, implying continued action—they kept teaching), and said, Except ye be circumcised . . . ye cannot be saved. A very different doctrine from St. Paul's "Believe on the Lord Jesus Christ, and thou shalt be saved" (Acts 16: 31). Of course these Pharisee Christians required faith in Christ, but they added the requirement of conformity to Jewish rites and laws. The result was no small dissension and disputation (v. 2).

II. The Matter Referred to Jerusalem.—Vs. 2-5. What wise course was taken concerning this dispute? They ("the brethren," v. 1), determined that Paul and Barnabas, and certain other of them (including Titus, Gal. 2: 1, afterward Paul's companion, a Greek, a man of much ability, who would serve as a specimen of the Gentile converts), should go up to Jerusalem (300 miles away) about this question. Paul went "by revelation" (Gal. 2: 2), which is entirely consistent with the statement that the church sent him.

III. Peter's Plea.—Vs. 6-11. Who made up the council? The apostles and elders, who "are mentioned on acount of their rank, not as composing the entire assembly. It is evident from v. 23 that the other Christians at Jerusalem were also present, and gave their sanction to the decrees enacted. (See also v. 12 compared with v. 22)"—American Commentary. Previously to this public gathering Paul had placed his views before the leading apostles in an unfruitful private conference described in Gal. 2: 2, 6.

IV. Paul's Plea.—V. 12. What was the result of Peter's testimony? All the multitude kept silence, the previous debates and the buzz of comment having been hushed by Peter's speech. They were in fit mood to listen to Paul's testimony, and, like the skilful tactician he was, he (and Barnabas) promptly seized the favorable opportunity to speak.

V. James's Plea.—Vs. 13-21. Who was this James, who took advantage of the silence and spoke next? He was the brother of our Lord (Gal. 1: 19) called in ecclesiastical history the Bishop of Jerusalem (Eusebius, 2: 23). He was a Hebrew of the Hebrews. From his upright and holy life he had gained the surname of "The Just." He spoke, therefore, with the weight of character as well as of wisdom.

VI. The Wise Decision.—Vs. 22-29. Why were representatives of the Jerusalem church chosen to carry the decision to Antioch? To give dignity to the matter, and weight. To reciprocate the honor paid by the Antioch Christians to the Jerusalem church in sending their leaders to consult with them, and not merely sending a letter. To confirm the report of Paul and Barnabas, which otherwise might be suspected of a bias toward their own well-known views. It is always best to conduct business in person.

VII. A Joyful Settlement.—Vs. 30-35. How did the Antioch church receive the news of the council's decision? The church was convened, and the letter from Jerusalem was publicly read. Then they rejoiced for the consolation. "Consolation" is the abstract noun corresponding to Paraclete, the Comforter of John 14. It refers primarily to the friend or advocate who stands beside a prisoner in the court, and strengthens his case by testifying on his side or pleading for him. The thought is the same as the Latin whence "comfort" is derived, con (cum)-fortis, "together-brave." It means more than soothing therefore; it implies strengthening.

THE HEART OF THE LESSON.

The truths taught by this history are very practical, both for the church at large and for individual Christians.

1. Christianity, with its stimulus to thought and its insistence upon liberty, has vastly promoted discussion of theology and of ecclesiastical systems. It has given rise to numberless discussions and differences, many of which have resulted in permanent divisions.

2. When Christians differ so much that they cannot or do not work together, as a unit, against the forces of evil and to further the ends of the Kingdom, their divisions are harmful, and they are to be settled in some such way as we have been studying.

3. Our lesson also shows us how disputes between two individuals are to be settled; talk it over, freely, frankly, and face to face; look on the good side of each other, and try to see matters from the other's view-point as well as your own; see how much you can give up, without offending conscience; seek the divine guidance.

And every man has a right to his own opinion—as long as he remains a bachelor.

PLEA FOR CANADIAN NAVY

UNDER DIRECTION OF THE BRITISH ADMIRALTY.

D. D. Mann, Esq., Vice-President Canadian Northern R. R., in National Magazine.

(Continued.)

To the American in Canada the incrediable thing has happened. He has found it impossible to take the oath of allegiance to the descendant of George the Third; but in so doing he has not troubled himself to think that he has readjusted his relation to the peerage. His allegiance is given to Canada.

It is surely not necessary to labor the point that in bringing the Galician and the American into the Empire, and affording to both of them honest administration of justice and unlimited opportunity to bear a high part in the making and observing of laws, the Dominion of Canada has made a notable contribution to the strength of the Empire itself, as well as to the broadening of her own bases of strength. For there will go on, more and more quickly, in an invigorating climate and on a fertile soil, a blending of races, which will eventuate in a type as virile and enduring as the English type itself became through the intermarriage of the different peoples who, from time to time, invaded the shores of Great Britain.

As the Empire is vaster than England, we do not seek merely to help our new population to become loyal to England. We verymuch desire their loyalty to the Empire, as we ourselves are loyal. But the first thing, the vital thing, is to secure their loyalty to Canada, and as one of the most important steps in that evolution, I would place the creation of

A CANADIAN NAVY.

The navy will be a natural consequence of placing the Canadian militia on an entirely Canadian basis, and controlled altogether from Ottawa. There is, of course, this difference between a militia and a navy—that a land force is entirely suitable to a country which has no foreign relations, and does not have to prepare for possible quarrels with States beyond the seas; whereas a navy, by the very fact of its existence, proclaims the country which establishes it to be, in some degree, at least, a world power.

It might be argued that, for a country which has no foreign ministers, to have a navy of its own is an impossibility in international politics; and that there is no halfway between a navy of Canadian origin, subject absolutely to the direction of the British Admiralty, and a navy, the instrument of a totally independent power. If precedents were allowed to govern policies, this augument might have some weight; but, if the Empire had always waited for precedents, it would have ended long ago. This generation is just as capable of creating precedents as its forerunners were. There is no more reason why a Canadian navy should be wholly responsible to the Admiralty in London, than there is reason why the Finance Minister of Canada should be a creature of the Chancellor of the Exchequer.

I do not conceive that Canada would propose to contribute to the cost of the Imperial navy, without direct representation on the Admiralty Board, and in the Parliament which reviews the cost and conduct of that body. We are quick to admit the force of the argument that inasmuch as the colonies are advantaged by the Imperial navy, they ought not to be entirely free from

FINANCIAL OBLIGATION.

The fact that our share in the Empire is so essentially constructive, strengthens, if possible, the position on which great issues have before now been fought, with only one ending—that the people who provide the money shall absolutely control the spending of it. When the House of Lords controls money bills, and the Australian budget is revised in Whitehall, we shall no doubt receive gladly the idea that the Canadian people be taxed for the Imperial navy. We have read enough of English history, and have had enough experience of our own, to know that the lynch-pin of self government is this absolute control of taxes by the taxed.

Nor is it conceivable that Canada would desire to borrow or purchase vessels that have "obsoleted" from first-class service in the Imperial squadrons. It has been suggested, and endorsed in The Times, that the Admiralty should lend us two or three obsolete vessels for policing our fisheries, as the first step in the discharge of Canada's duty to the naval development of the Empire. It is unwise to be contemptuous of small beginnings; and much may be said for the scheme of obtaining a few sea policemen that are too small or too slow for active service with, say, the Channel Squadron. But, if we are to deal with the question at all, we had better begin as though we mean business. To make a debut in second-hand clothes is to be too economical of dignity. We must assist our new citizens to understand that we are partners in the Empire, and not merely one of its poor relations. Where would a couple of poacher-catchers belong? Would they be creatures of the Marine Department, or would a little Admiralty be created for their direction?

THE FIRST CONSIDERATION

in any attempt to realize the naval possibilities of a country that overlooks the Atlantic and Pacific oceans is that it must wear the appearance of a thoroughly Canadian origin. To allow the impression to spread that, primarily, it is the financial stress of England which impose new burdens on our people would jeopardize the movement. In starting a naval policy of our own there is no risk of establishing the idea that we have notions of a naval independence that will approximate to Holland or Greece. Our neighbors are rapidly emerging from the supposition that we are in a state of vassalage to England. By inaugurating a navy of our own, we should enhance the prestige of the Empire in the Republic; first, because it would be obvious that only in a truly great Empire could there be such inter-independence of parts with the complete acquiescence of the original power; and secondly, the establishment of a navy on a thoroughly Canadian basis, but ready to act with and for the Mother Country, would be a standing sign of our contentment within the Empire, and an enectual proof of the futility of supposing that the relation could be broken.

We muse develop the naval spirit. We must begin by training our youth within sight of our shores, rather than by looking for poachers on the high seas. For maritime activity there is a natural, healthy craving in all nations. No one is so foolish as to suppose that Canada would ever dream of a navy finally, regardless of Great Britain. Every discerning man would perceive that, whatever Canada did, would be merely an evidence of the strength of decentralization in an Imperial Government, based absolutely on the will of the governed.

Our maritime assets, so to speak, are three—the Atlantic seaboard, the Pacific seaboard, and the Great Lakes. Hitherto, our defensive instincts have been served only by the militia. In view of the distribution of our population, I suspect that we have more drill halls and armories that England has. But it is anomalous that, with our great coast line in Nova Scotia, New Brunswick and far Eastern Quebec, our young fellows, to whom sea legs come by nature, should be compelled into the militia, when their choice would be the marines.

The population of the interior should chiefly supply the militia force. But there is enough blood in the country which first came here in sailors to furnish a naval contingent—even if our many rivers and innumerable lakes did not swarm in summer with all kinds of pleasure craft, which promote a love of life afloat.

(To be continued.

VINEGAR WHIPPING.

Is Latest Cure for Nervous Troubles in Paris.

One of the latest medical "cures" in Paris for people suffering from various forms of nervous maladies is called vinegar thrashing or flicking.

At least two medical men in the "Gay City" are now treating patients by this extraordinary new process, and it is claimed that some marvellous cures have been effected.

It is claimed that "vinegar flicking" produces the most beneficial and rapid results, completely curing cases of nervous debility and nervous prostration and most other forms of nervous diseases. The methods of the "flicker" are as follows:

The patient is sent into a dark room and made to strip, whereupon the doctor, armed with a long, rough towel, steeped in vinegar, proceeds to thrash the patient all over the body, constantly redipping the towel in the vinegar.

As may be imagined, the process is the reverse of pleasant, and constitutes—especially with delicate skins—a particularly refined form of torture. At the end of about ten minutes the most social subject is forced to cry out that he has had enough.

The treatment is accordingly stopped immediately. The patient is then vigorously rubbed, and after being clothed in a bath robe is ironed all over with hot irons.

CLOCK MADE HIM ILL.

A Bavarian peasant named Steinbacher is lying in a hospital suffering from acute nervous prostration, brought about by a clock. A few months ago this peasant bought an alarm clock, and he was so anxiout about it that he sat up every night for two months to see if it would go off properly. The result and los of sleep brought him to the hospital; at least, this is a story that is going the rounds of European papers.

The Home

THE HOME MILLINER.

By adding a little pearlash to a soap lather, faded ribbons placed in will be restored to their natural color. Faded breaths of slik can be restored if treated in the same manner.

Most people press ribbons with an iron. This leaves them with a stiff starchy gloss and also wears ribbon. Instead of the iron light the lamp and when the chimney is hot take both hands and draw ribbon over the chimney. It will look new and it leaves a silky appearance.

To Remodel Shape.—Take the straw hat, remove the wire support (if any) and soak the whole hat in water until thoroughly drenched. If the new drooping model is desired, invert a large wooden chop bowl, stretch the wet wet hat over it, pulling the brim down on all sides, and allow it to remain there until perfectly dry.

How to Color Straw Hats.—Color old straw hats with oil painting. Select the color, mix same as for painting, add enough gasoline to thin. Dip material in the dye several times. Dry quickly (but not near an open fire). These oil painting dyes leave a silk finish and are beautiful.

When packing a hat for travelling, place the hat flat in hatbox. If it be the mushrooom type stuff with paper. Take a needle and thread and sew the edge of rim to bottom of the box and the task is complete. The baggagemaster might throw your trunk across the platform, but your hat will remain intact, not a ribbon, flower, or foliage will be crushed.

To Renew old Velvet.—Get a flat-iron hot, have some one hold it, or place it on something with large side up, as you will need both hands to hold the velvet. Place a wet cloth over the iron, hold the velvet over the steam, brushing with a nice soft brush. This will take out every crease and make the velvet look like new. This certainly is fine.

How to Dye Flowers.—If any one has flowers of any kind they can be restored to their original color or made some other shade by taking as much dye as the color desired and dissolving the same in a small dish of cold water. Now take an old tooth brush and touch up the petals of the flowers. To ascertain the desired shade, just take a piece of old muslin and touch the brush up and down a few strokes, and if a deeper pink is desired put a little more dye in the dish.

How to Clean Ostrich Plumes.—Lay tips on clean cloth, make a suds of warm water and a white soap, then with a tooth brush rub the fibers well. Rinse in clean water. Then tie a string to quill end and hang near stove; while wet comb with small end of comb. Now take a knife or scissors and take a few feathers at a time; with a quick, curling motion they will dry and curl easily. The feathers will look like new.

SAVORY MEAT RECIPES.

Minced Veal.—Cut up cold roast veal into tiny cubes, about half an inch in size. After removing the cold fat which has formed on the gravy left from the roast, add the gravy, little pepper and salt, freely minced, yellow peel from one lemon, and cold water sufficient to make a juicy dish, to the meat. Put al in the stew pan, and boil about five minutes. Garnish in deep dish with triangles of toast set around the edges.

Spiced Loin of Lamb.—Two and one-half pounds loin of lamb; bone it, split the tenderloin; chop an onion, some salt, pepper, cloves. Lay meat out flat. Put tenderloin and seasoning on. Roll and sew with cord very tight. Put a brine of salt water, salt enough to bear an egg, with half teaspoon of saltpeter, for two days. Then boil in fresh cold water one and three-quarters hours. Put under heavy weight till cold. Make soup of water meat is boiled in. Boil one can of peas in same water, then strain. Boil one each carrot, leek, and celery. Slice same and put with strained soup.

Jellied Tongue.—Two fresh tongues. Wash well and let be in boiling hot water five minutes. Pour it off and cover again with boiling water. Let cook slow. When tender put in a crock and pour the liquor over them, and let stand over night. Place a weight on them. Have two quarts of liquor, one of tongue, and one of veal. Get a 15 cent veal soup bone, cook the same day as tongue, strain both through a strainer, and then strain again through cheesecloth. The stock will be as clear as water. Next morning cut the tongue in small pieces and add half a box of gelatin with the liquor.

Chicken Pie.—Boil a chicken until it falls from the bones, then put in a deep pan. Make a sauce of three tablespoonfuls of butter rubbed into three of flour, a cup of cream or milk, and three quarts of warm chicken stock. Cook this until smooth and thick, then pour over the chicken in the pan. Make a crust of two cups of flour, two teaspoonfuls of shortening, one egg, beaten light, and a cup of milk. Mix well, and with a spoon spread it over the top of the contents of the pan. Bake in a quick oven.

CURTAIN CHAT.

To Bleach Curtains.—To bleach, take a few tansy leaves, put them in a bag, and boil with them. Either fresh or dry tansy.

A good way to launder net curtains with ruffle after they are starched, put through wringer, then iron ruffle, and then stretch the net part on a stretcher.

Curtains Blowing Against Screens.—Screen time will soon be here. To prevent curtains from blowing against them and getting soiled, tack a thin wire across the window towards the bottom. Looks better than tape.

When making curtains of any kind make the hem in both ends just alike, so the rod may be run through either end. The stitching does not show and once a month or oftener the curtains may be reversed and they will wear more evenly, for as a rule the sun falls on the lower part of the curtain only. It is quite a saving.

Washing Madras Curtains.—Madras curtains or others that are too old or fine to wash in the regular way may be put into a pillowcase and washed without fear of tearing. There is a dye that may be put into the starch after washing ecru curtains that gives them their natural color back and makes them look like new. This dye comes in tubes and in different colors.

FOR INVALIDS.

Try hot rice water, well cooked, for sick stomach or bowel trouble.

Chicken Broth.—Chicken broth allowed to simmer until there is about a pint, then cooled and taken in jelly form, cold, is quite acceptable and nourishing.

How to Cook Steak.—Get a round steak, cut thick, drop into a hot frying pan, just searing it over; then take a wire potato masher and get out all the juice or blood that you can; season with salt and pepper. Just a little may be given at a time; it is nourishing.

WHEN WE GO TO BED.

Some Medical Men Say Lie on Your Back.

A number of eminent medical men have given their opinion to The Matin of Paris on what they consider the healthiest position for sleep.

Dr. Delorme, Army Medical Inspector, declares that the natural position is to lie flat on one's back. Professor Debone and Dr. Daveniere, of the School of Hygiene, are of the same opinion, and point out that lying on either side causes pressure of the arm which may eventually bring about paralysis.

Dr. Landouzy of the Medical Faculty, says that the best position is the most comfortable position, and this is acquired by habit. It would be well, however, to accustom oneself to sleep on the right side. Dr. Letulle, of the Medical Academy, maintains emphatically that one should always lie on the right side, and thus avoid indigestion and heart troubles.

In startling contradiction comes a statement from the heart specialist, Dr. Huchar: "I always sleep on my left side, and I think it is quite immaterial whether you lie on your left or right side The idea, however, that those who cannot lie on the left side suffer from heart affection is quite erroneous."

BOGUS MISSING LINKS.

Several Have Been Exhibited in Various Countries.

The so-called "missing link" which has been exhibiting at Berlin, Vienna, and elsewhere on the Continent, turns out, as might have been expected, to be a fraud. That is to say, instead of its being a something between a human being and a monkey, it is just an ordinary negro baby whose body is covered with hair—a somewhat curious freak of Nature, but one which is not particularly uncommon.

It is strange, by the way, how this queer imposture crops up again and again. Not more than a year or so after Darwin's "Descent of Man" first appeared, a "missing link" turned up in New York, and

AN ANTI-TEETOTAL CHURCH.

The Rev. Fred. Kurtz, of Baltimore, formerly a Lutheran priest, has organized a church of a new dispensation. It is composed of about 10 liquor dealers, and uses a ritual similar to that of the Episcopalians. The affiliated dram-shop keepers support the church of Kurtz to aid the liquor interest and oppose adverse legislation.

THIS IS A BORE.

You ask me what a bore is?
I'll tell you who is such;
The man who knows too little,
The man who knows too much.

The population of the continent is divided per square mile as follows: Europe, 107; Asia, 57; North America, 17; Africa, 11; South America 6½; Australia, 1½.