UPWARD AND OUTWARD VISION

The Preacher Makes a Plea for an Ennobling View of Life.

Lift up your eyes on high.—Isaiah xl., 26.

In days when men are looking into earthly things with eager and penetrating vision, these words come to us with special force and meaning.

The man who always looks down cannot aspire. There is a purpose in our noble aspirations. The unattained beckons us onward. To look up means to lift up. "'Tis not what man does which exalts him," says Browning, "but what man would do." Our standard will rise higher and higher as we go from strength to strength. Our longings fortell our destiny.

We must look down at times to get a clear idea of life's details, but if we wish to see their proper relation to the great issues of life

WE MUST LOOK UP.

If we simply look at our feet, how limited becomes our vision! By lifting up our eyes on high, we see the vast arch that spans the heavens. It is then we see with Emerson "what majestic beauties daily wrap us in their bosom," or with Ruskin study "The mystery of distant mountain blue," hear with Tennyson the sea waves break upon "The cold gray stones," or stand entranced with Newton until the stars rise.

Isaiah calls men to look at the stars because man's vision broadens as it lengthens. This wider view enables us to understand the ways of God and the proper relation of the lesser to the greater issues of life. Here we find inspiration for our noblest endeavors. This upward and outward vision will often explain the mystery of trouble and the great perplexities of life. It does not require a large object to hide the wide landscape from our view if we stand close enough to it. To understand the things of to-day we must get a right view of them. We see them best from above. Paul saw them from the proper perspective when he said: "All things work together for good to them that love God."

How it ennobles our work when we realize that it is part of

THE GREAT PLAN OF GOD!

By bringing our loftiest visions to bear upon the practical things of life, we learn to do our best work and bring forth evidences of the divinity within us. Our work will not be merely for time, but for eternity. In that way we may become one of the "immortals."

The great Hebrew poet's sublime conception of man shall yet be realized: "Thou hast made him a little lower than the angels, and hast crowned him with glory and honor. Thou madest him to have dominion over the works of Thy hands." By lifting up our eyes on high we shall better understand both man and God and learn to appreciate more fully life here and life hereafter.

REV. J. W. ROBERTS.

THE S. S. LESSON

INTERNATIONAL LESSON, MAY 30.

Lesson IX. Believing and Doing. James 2: 14-26. Golden Text, James 2: 20.

Introduction.—In the famous definition of faith, "Faith is the substance (R.V., 'assurance') of things hoped for, the evidence (R.V., 'proving') of things not seen" (Heb. 11: 1), two seemingly opposite elements of life are set forth: substance and hope, or evidence and invisibility, or actuality and ideality. So much in the world and the universe is mysterious and incomprehensible that belief, trusting faith, is called for at every turn; and yet that belief must lead to positive deeds, to things that can be seen and handled, or life is fruitless and vain.

I. James and His Epistle.—What disciples named James are found in the New Testament? There are three:

1. James the son of Zebedee, sometimes called the Great. He was the brother of John, was very close to Jesus at the crisis of his life, and was the first of the twelve to suffer martyrdom (Acts 12: 2).

2. James the son of Alphaeus, one of the twelve apostles, probably a brother of Matthew, who also is called the son of Alphaeus. He is usually identified with James the Little (or the Less), and nothing is known of his life.

3. James the brother of our Lord, the author of the Epistle.

II. Faith and Work: the Problem Stated.—V.14. How does the passage we are to study spring from the preceding parts of the Epistle? James has been speaking of those that take credit to themselves for hearing the law and observing the outward forms of religion, while at the same time they bow down before the rich and scorn the poor. In this passage he goes on to insist that all such religion is empty, a mere profession of faith without the deeds that prove it.

III. Faith without Works.—Vs. 15-17. How does James illustrate the emptiness of this formal religion? By imagining Christians, men or women, who are destitute of common necessities, food and clothing. They are fellow Christians, with the claims of brotherhood and sisterhood in Christ that should move all church members to help them. And here comes one of these empty "professors" and graciously says, Depart in peace, be ye warmed and filled, but does nothing for them. The 'depart' is plainly from the heart, and the 'in peace' is manifestly cant.

IV.—Faith in Works.—Vs. 18-25. What sort of man does James imagine coming into the discussion? Any man of common sense and piety, who sees the folly of the man of v. 16, and addresses him.

V. The Solution of the Problem.—V. 26. How does James close the discussion? With a forcible simile: As the body without (literally, "apart from") the spirit is dead, so faith without ("apart from") works is dead also. James does not enter into the question which must come first, faith or works. It is perfectly plain that he considers both to be necessary (see also v. 24). So does Paul. There is no contradiction between the two, only a difference of emphasis.

DO WHAT YOU BELIEVE.

1. The Power of Faith. Faith is at the basis of all advance, in science, commerce, government, civilization. It is the drawing of the unseen ideal that allures men from the beaten paths out into new and better ways. Without faith, the world of human activity would come to a standstill.

2. The necessity of Works. We are constantly in danger, even in this practical age, of relying on words, which are the mere expression of faith and belief, and failing to put those words into practice. We need, as much as the men of James's day, to learn that such faith, or, rather, such an expression and pretense of faith, is a dead thing.

WAS STRENUOUS LOVER.

How William the Conqueror Won His Royal Bride.

William the Conqueror, when he was only the Duke of Normandy, had fallen in love with the Princess Mathilde of Flanders. She was proud and haughty and had refused the noble lovers who were anxious to win her hand. The wily Norman studied her character carefully, and when he had mapped out his plan of campaign he rode into the town one day when she, at the head of a party, was going from church. He sprang from his horse by her side, boxed her ears soundly, pulled her off her steed, rolled her vigorously in the mud, told her that he loved her, and rode away. The astonished princess was infuriated, and swore all kinds of vengeance. After her rage cooled down, however, she said to her father that, upon reflection, she had come to the conclusion that the only man who could treat Mathilde of Flanders in that manner should be her husband. They were married, and the union turned out to be one of the happiest marriages in the history of royalty.

LIVES WITH HALF A STOMACH.

Surgeons Cut Man's Stomach Into Sections.

Charles H. Dean, a patient at the City Hospital, St. Louis Mo., has only half a stomach, yet he must eat six times a day or suffer from the pangs of hunger. At each meal, however, he can only eat half the amount of food to which he has been accustomed.

Surgeons recently cut Dan's stomach into three sections and removed the middle section because of a cancerous growth. The two outside sections were then sewed together and the patient is well on the way to recovery. The operation leaves him with only 45 per cent. of his original stomach, and consequently his food capacity is a little less than half what it originally was.

No American President has ever served for more than two terms. Ten have been re-elected.

PLEA FOR CANADIAN NAVY

UNDER DIRECTION OF THE BRITISH ADMIRALTY.

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

(Continued.)

(Concluded.)

The pact that keeps armed vessels off the Great Lakes must never be broken. But the example of the United States in using the Lakes, even as far as Duluth, the western extremity of Lake Superior, as training grounds for her naval youth, should be followed. The farther you are from the salt water the less likely are you to appreciate the importance of the oceans to the development of your national commerce. The greater is the need, therefore, of utilizing the lakes to show your people that the carriage of ore and wheat in twelve-thousand-ton boats, is not the whole extent of your navigable interests.

In front of the Parliament Buildings in Toronto is a gun taken in the Crimean War. At Detroit recently I saw a gunless United States cadet ship—it was taken from the Spaniards. We cannot put such an advertisement of modern British naval history on the Lakes; because observant nations have been too wise to collide with Dreadnoughts. But we can find some means of repeating, on the Lakes, what has been done on the lawn in Queen's Park, and in other similar places. Where an out-of-date gunboat might be an irritant, some modern Arethusa might speedily provoke our naval emergence. Whatever the form, we must have the substance of naval training on the Lakes. Literally, we must teach the young idea to shoot.

TRAINING STATIONS.

There must also be, of course, training stations on the eastern and western coasts. Halifax and Esquimalt are available. Nova Scotia has ideal marine conditions. British Columbia has, potentially, a great part to play in the Pacific. In winter the youngsters who had spent the summer on the Lakes would be sent, some to the Atlantic, and some to the Pacific, to become masters of navigation by cruises to Europe, to the West Indies, to Australia and Japan. When Canadian warships are brought to Canadian coasts they must be equal with the best. We have observed the naming of battleships after countries in Britain, as we have seen the naming of similar United States vessels after different States of the Union. The propogandist tendency of patriotism has been born in us, as well as in the other English speaking peoples.

The question of control—of relation to the Imperial Navy—is not difficult of solution. It may appear difficult to eyes accustomed to the measure of redtape, and to men of little faith in the cementing power of blood. In the first place, we should get our instructors from Great Britain. Even those who were not exactly delighted with the Imperial officers' part in the Boer war glory in the unqestioned preeminence of the British seaman. We know that, whoever would be loaned to us, would realize the difference between getting our instructors from England, and taking instructions from the same source. A very little tact, and capacity to excite enthusiasm would imbue every Canadian cadet and seaman with the splendid traditions of the Navy, and make them feel their partnership in it. In peace times, everything would depend on the good sense of all parties to the arrangement—which is true of all political ententes.

DISCIPLINE OF WARFARE.

But, as in peace you prepare for war, must not your plans, from the beginning, be based on the assumption that, at any moment, the discipline of warfare may become imperative? Somebody must give orders and somebody must obey. What would Canada do then? How are you to avoid the danger that would rise from the virtual independence of the Canadian navy? For does not independence mean possible neutrality, and, therefore, possible hostility?

Admits the apparent anomaly, and there is no need for alarm. Happily, against the fears of the littlefaiths, we have the experience of the centuries. The presence of the Canadian contingent in South Africa was not surprising to us. We forsaw it, even when Lord Lansdowne was declining colonial aid. We knew it would happen, even when Sir Wilfrid Laurier was backing up his own views with the plea that there was not Parliamentary provision for participating in a quarrel seven thousand miles away.

It must not be supposed, though, that Canada beforehand, will unreservedly pledge herself to fight for Britain.

The partnership idea has not yet reached that point of sacrificing every principle on which her national development thus far has been founded. If there are Canadian advocates of such a pledge they are in a hopeless minority. Nobody would dream of Great Britain making a treaty with the United States in reference to Canada, without consulting Canada. Canada has no formal, constitutional locus in negotiations between Great Britain and the United States. But, in practice, she is at Washington all the time; and we have lived to see the British Ambassador to the United States paying a visit to Ottawa and addressing public audiences in Canadian cities.

COLONIAL ATTITUDE.

It is quite safe to leave open the question of whether a Canadian navy would have to fight in every British quarrel, for the double reason that the Foreign Minister and the Cabinet in London are Imperial statesmen, and Canada is not a Crown colony. In dealing with foreign affairs generally, the Imperial cabinet inevitably considers the probable attitude of the overseas dominions towards any impending crisis. Anything on such a matter it does not know, it can easily find out, for the telegraph practically places the council chamber of every one of the overseas dominions next door to the Council Chamber at Whitehall.

The question of agreement with, or hostility to the Mother Country in any international quarrel, could never be governed by any hard and fast compulsion to fight in the Mother Country's cause. If the Mother Country could not win the sympathy of her kith and kin in her quarrel that would be a very strong presumption that her quarrel was not worth powder and shot. We are aware that sometimes war has to be risked secretly. But the risk is not so great as it seems, for no European powers will risk a serious war on some matter about which public feeling has not been roused. Wars are not made any more in the back parlors of irresponsible autocrats.

With the recent experience of southeastern Europe before us—an experience which, fifty years ago, would have resulted in war first and discussion afterwards—we are quite willing to take our chances of agreement with the Mother Country without a formal contract being entered into beforehand. And, as we should expect that the commanding officers would be selected because of their capacity to command, we should not be afraid to take our fighting instructions from such chiefs. When the time came it would be seen that the loyalty of the French-Canadian, of the American, of the Galician—of all the one-time aliens—would be transfused into a loyalty to the Empire which is greater than us all.

POSTSCRIPT.

The foregoing was written at the suggestion of friends, after some remarks of mine at a public gathering in Victoria, before the disclosures of the naval situation as between Great Britain and Germany and led to the remarkable outburst of patriotism throughout the Empire. The Dominion Government, at the time of writing, is being urged to offer Dreadnoughts to the Mother Country, a method of showing our devotion to Imperial interests which I heartily approve. This development does not change my views—it only accentuates them. The chief naval necessity for Canada is still training schools for her youth; and the provision of one, two or three battleships would do much to stimulate the naval spirit of which I have written. But it should be expressly stipulated that any vessels so provided by Canada would be lent to the Admiralty until our own crews are ready to man them. The knowledge that ships were provided in this way would perhaps do more than anything else to achieve the creation of a Canadian navy.

Toronto, March, 1909.

TO LEGALIZE 1,000 WEDDINGS.

The marriages took place at the ancient church of St. Peters' Stantonlow, England, recently of two of the couples who should have been married at St. James', Stantonbury, the church which, it was recently discovered, was not registered for marriages when it was consecrated fifty years ago. To legalize the thousand or so weddings which have taken place in the church during its existence a special Act of Parliament will have to be passed. People from all the surrounding districts congregated at St. Peter's to witness the recent ceremonies. In order to destroy the overwhelming odor of old oak and decaying stone incense had been burnt.

EASILY VINDICATED.

Two Frenchmen had a quarrel and challenged each other to fight. On the morning fixed for the duel they and their seconds tramped through the woods to the spot selected, on reaching which one of the principals—the challenger—tripped and fell.

His second helped him to his feet.

"I hope you are not much hurt?" said his antagonist.

"Not much—I only bumped my nose on the ground."

"Does it bleed?"

"Yes, a little."

"Heaven be praised! Blood has been shed, and my honor is vindicated! Give me your hand, my friend!"

The Home

SEASONABLE RECIPES.

To Prepare Pineapple—After cutting it into small pieces sprinkle sufficiently with sugar, then cover with boiling water, and let stand in a cold place for several hours. This forms a delicious syrup, bringing out the full flavor of the fruit.

French Horseradish—To one-half cup of grated horseradish add one teaspoon of flour, mix with t little cold water until like a smooth paste, then add enough boiling broth from beef, and boil for about five minutes, until thick. Good with beef.

Cream Dressing.—Two tablespoonfuls of butter melted. Add flour; work together, a light brown; stir well with wire whisk; add cupful of cream or rich milk; keep smooth; strain hot over tomatoes and toast. Serve as a vegetable.

Flemish Carrots.—Boil six or eight large carrots, peel about one dozen small onions, cut the carrots in dice the size of onions, and cook together till tender with a sprig of parsley chopped fine. Turn off water and add a pint of milk and one-third cup of butter, season with salt and pepper and serve hot.

For Whip Cream. — Take the whites of three eggs beaten to a stiff froth. Add pint of rich, thick cream (cold), with three tablespoonfuls of fine white sugar and a teaspoonful of lemon juice. Mix and whip to a standing froth. May be made with any fruit in season.

Tomato Creole.—Cut in slices, not too thick, six large tomatoes; place in buttered baking pan, sprinkle each slice with finely chopped sweet green peppers, one teaspoon of chopped onion, two tablespoonfuls of butter in small pieces placed on each slice. Season with salt and paprika; bake in oven twenty minutes, then lift the tomato slices on warm rounds of toast.

Rhubarb Cobbler.—Line a dish with rich thick crust; take some nice stalks of fresh rhubarb, wash well, but do not strip. Cut in one inch pieces and put in sugar to taste. Stir it slightly and put it in the lined dish. Cover with rich thick crust and bake a rich brown. When done break up the top crust into small pieces and stir into the rhubarb. Place whip cream on top and serve.

Whole Preserved Pineapple. — Carefully wash the fruit, trim the lower leaves, and trim away most of the crown. Cover it. After the pine is cooled, peel it and weigh it. An equal weight of sugar is put into a deep kettle just large enough to contain the pine, with a gill of water to each pound. Boil and skim until it becomes a clear syrup. In this boil the pine twenty minutes, then cool and put with the syrup into a glass jar and seal air tight.

Spanish Meat Balls.—Mix one pound chopped beef with one beaten egg, salt, pepper, and cornmeal to make a stiff mass, then shape into little balls and roll in cornmeal. In a deep kettle put a tablespoonful of butter and one of flour. Add one onion chopped fine, one chili pepper, some parsley, two tomatoes, sliced fine, and salt. Put two quarts of boiling water on the stove and boil five minutes. Then drop in the meat balls and boil forty-five minutes.

Red Tomato Jam.—This jam is only to be tried to be appreciated. To every pound of ripe tomatoes allow a pound of sugar. Scald the tomatoes and remove the skins. Cut open the fruit and remove the seeds. Put the fruit and sugar together in a pan and add the juice of two lemons to every three pounds of fruit and sugar and a small teaspoonful of ground ginger. Crush the fruit with a wooden spoon and mix the whole well together. Boil slowly three hours, keeping it well stirred and skimmed.

WORTH KNOWING.

To mend holes in linoleum on the floor, cut a piece of linoleum to cover the hole; lay over the hole and mark with a pencil; cut on line with sharp knife; put in patch and tack around the edges.

To open packages of breakfast food and keep boxes in a dust-proof condition until empty, make an opening in side of box close to top by forcing a tablespoon through cardboard and turn flap downwards. The flap will fit back snugly in place each time package is used.

When the seats of old porch chairs or settees are worn out remove and get plain linoleum and tack on with brass tacks. Paint the same color as chair. This is much more comfortable and stands the weather much better than the wooden seats bought at the stores.

Hint to Washerwomen. — When you're ready to buy a new oil cloth for your table take your old one and cut it up for aprons. Have it cover the whole front of your skirt and make a large bib on it and you will find when you are through washing that you will be as dry as you were before you began.

To Wash Grained Woodwork.—Take half a pail of hot water, add half pound of soap chips, boil until dissolved. Take from fire, add one pint of kerosene, then boil five minutes longer. Add quarter of this to half pailful of warm water Wash woodwork thoroughly, wipe dry, and lastly use good flannel rag to polish with. This is excellent.

How to Use Tucks.—Cut off the long strips of tucks which are usually found in the backs of shirtwaists. These make neat trimming when sewed upon the collars and cuffs of house dresses, simulating the little "turn over" sets. These may be also used to strengthen the yokes of nightgowns. Cut into the desired lengths and placed between strips of insertion whole yokes and cuffs may be made.

Old woodwork that is so hard to keep clean can be made to look like new grained wood by first painting it with a cream colored paint to give it a body alike, and when dry go over it with a dark oak varnish stain. With a little practice it can be made to look like grained wood. As the varnish dries quickly it leaves it darker in some places. Any old furniture can be treated in the same way.

How to Wash Quilts.—Dissolve a bar of white soap in a cupful of water. Run into your bath tub sufficient warm water to cover one quilt; make a good suds, put in the quilt, and let soak a few minutes. Do not rub, but use the washboard, top end down, to press or pound out the dirt. Never wring, but with the washboard press out the water. Rinse several times. When you have pressed out as dry as you can, pin the quilt closely on the line to drain. When thoroughly dry, whip with the carpet beater until fluffy, before removing from the line. This method is especially fine for tied quilts. The bath tub preferred because of shape and water convenience.

TO REMOVE STAINS.

Hang a card on the wall over the tubs with the following directions plainly written:

Remove stains of fresh fruits with boiling water; cocoa and blood, cold water; grass and machine oil, cold water and soap.

Red wine and ink—Warm chlorine water.

Varnish and oil paints—Turpentine and soap.

Iron rust and ink—Weak solution of oxalic acid (one tablespoonful to one glass of water).

Coal tar or wagon grease — Lard, then soap; wash alternately with water and turpentine.

Boil all dainty white cloths in strong pillow cases. This saves much wear and tear.

TWO-STORY CLOSED BED.

The Breton Peasant Has a Handy Piece of Furniture.

A recent visitor to Brittany describes the two-story closed bed of the Breton peasant, in many cases a richly carved and ornamented heirloom, and always highly prized.

One day the visitor was expressing her admiration of a certain "lit-clos," when madame pulled the sliding panels apart, and revealed the figure of her husband sleepily rubbing his eyes and wanting to know what was the matter. She calmly explained to him that the visitor wanted to see the inside of the bed, and then explained to the visitor that her good man had been out fishing since dawn, and was very tired.

The visitor begged him to close the panels and go to sleep again, which he immediately did, but not before she noticed he was fully dressed. It seems that the Breton peasant always disappears into the "lit-clos" fully dressed, and always emerges therefrom in the same condition.

While her husband slept, madame enlarged on the advantages of a "lit-clos" in bringing up a family.

"I have had six children," she said, "and when they were little I used to put three in the top story and three in the bottom, then close the panels and leave them with an easy mind."

A GAS-ENGINE WARSHIP.

The British Admiralty have made a test of the producer gas engine for naval purposes, which has resulted very satisfactorily. An old British gunboat of 715 tons displacement was used, and a 500-horsepower producer gas engine was installed in place of the steam engine formerly used. The displaced steam engine weighed 150 tons, where the gas plant weighed only 94 tons. It was found by actual experiment that fully 50 per cent. of the fuel was saved, the vessel was without vibration or noise, no smokestacks were exposed, and there were a number of other decided advantages which commended themselves strongly to the naval experts. The result was that another vessel is being built double the size. There are some problems connected with cooling the piston and piston rod which require careful study and experimentation before large engines are introduced.

In Japan the annual value of fish and other marine products taken from the sea is £10,416,000.

The man who can't button his coat hasn't clothes enough to go round.