

For The Quiet Hour

A FRIEND

(By Grace J. Gardiner.)

If I were asked, dear God, which I would choose
Above all else in this glad world of Thine,
Soft as a zephyr should the answer fall:
"A Friend."

Some one to know and love and understand
To heal and bless with words of sympathy,
To know I need the grace that she can give:
"My Friend."

One who would walk with me through paths of light,
Through storm and shadow too, nor be afraid,
One who will know the very best in me,
"My Friend."

One who would blend with understanding hands
The fragments of the things I want to be,
The verses of the songs I'd like to sing
Into a perfect morning song of praise
To Thee, my Father, for this gift of Thine
"A Friend."

MANY SECRET BELIEVERS

REV. JOHN E. ROSS, MISSIONARY IN THE PUNJAB, WRITES: "The mass movement in India has been among the outcasts, but there is a mass movement of interest in Christianity going on in India today among high caste people; not many of these have confessed Christ openly, but the day is not far distant when Hindus in great numbers will do so. Although not many students in mission high schools have become Christians, yet these students from mission colleges and schools in Saharanpur, and in fact all over India are invariably friendly to Christianity, and many of them are secret believers. These institutions are second to none as agencies of evangelization. The students are increasing interest in Christianity, and some day, when the movement ripens, these will be among the first to become Christians."

DR. DYSON HAGUE STRUCK A FINE AND WELCOME NOTE the other day when he emphasized the necessity for repentance and the acceptance of Christ as a personal Saviour. He rightly held that one of the greatest needs today is to emphasize the consciousness of sin, because if there is one thing today that the Church of God has to fight with terrific energy, it is the idea that is overspreading the world that man is "all right." This belief is indicated, as Dr. Hague said, by the great attention devoted to the intellectual and physical welfare of the younger generation, but there is also the spiritual development to be considered, and this is only possible by means of a personal relation to Christ as Saviour, Master and Friend. The more emphatically and constantly our preachers and teachers insist upon this truth, the better it will be for the highest interests of the people.

A SHANGHAI DAILY RELATES THAT THE CHINESE TAKE delight in crossing the road directly in front of a swiftly moving motor car. Their theory is that when in bad luck, a demon is actually dogging their steps. Now if the victim can just manage to get by a car traveling at high speed, he runs a good chance of leaving his spirit-pursuer to take the full impact of the Hudson Super-six. The narrower the margin of safety for the Chinaman, the more fatal to his follower.

FEW MEN HAVE BEEN OFTEN IN THE PUBLIC EYE OF late than Henry Ford. Here is a criticism of him by Dr. S. S. Marquis, who was formerly leader in Ford's social work:

Henry Ford would be a greater and wiser man if he were a better mixer and listener. An insulated mind in an isolated body misses much in this world that is really worth knowing.

Whether this is true of Ford or not, it is not for us to say, but the point of it is that "none of us liveth to himself." The individual needs the community for his proper development, because "an insulated mind in an isolated body" always fails of proper realization and genuine influence. There is nothing more striking than the way in which the New Testament emphasizes and, at the same time, harmonizes, the individual and corporate elements of life. An individualistic Christianity is futile and spiritually valueless.

DON'T TRY TO PROVE IT!—GO YE INTO ALL THE WORLD, and preach the gospel to the whole creation. Dr. Malan, while travelling in a French diligence, read aloud from his Bible. A stranger, an infidel, loudly remonstrated. Some one suggested that he should first have convinced the infidel that it was the Word of God. Said the doctor, "If you were attacked by an enemy in battle, would you first persuade him that your weapon was a sword, or would you use it on him?" The next day the infidel sent to the dining-table at the inn to ask if he might continue his journey with him, and later he became a communicant in Dr. Malan's church.—The Christian Endeavor World.

"THE GREAT MENACE" IS A WORK BY MR. G. W. MEAD describing the revolutionary movement in the United States. He quotes from various sources showing that widespread attempts are being made to bolshevize the negro, and suggests rightly that better provision should be made for the education of the negro ministry, the natural leadership of the negro people. In this way the menace may be stayed in this particular direction. Fifteen hundred new negro pastors are needed annually to make good the losses by death and otherwise. Yet all the schools together furnish but three hundred.

DR. PHILIP JAISSOHN, A LEADER AMONG THE KOREANS, was political adviser to the late emperor. One day the emperor asked him to obtain a number of men to take charge of the new system of schools. He asked what type of men were required. "Men like the missionaries," came the reply; "What salary do missionaries receive?"

"You will not get men of that stamp to come out to work for the government," retorted Dr. Jaisohn, "for three times what the missionaries receive."

Redwood Bailey, the famous American Indian, was arrested some time ago, it is said, for a "seditious" speech made to a street crowd. The cop taking him in charge said: "If you don't like this country, why don't you go back where you came from?"

WHAT IS THE REASON WHY MEN SWEAR? THE QUESTION is often asked, and various answers are given. Here is one that was quoted in a recent article by Dr. F. E. Clark, President of the Christian Endeavor movement:

Profanity is a confession of inferiority. The man who has nothing particularly forceful to say has recourse to big, hard-sounding cusswords in order to hold attention and make his conversation seem virile, just as butchers and cooks put very hot spices and condiments into bad meats or flat and insipid food. Swearing isn't bad simply because it is prohibited in the Decalogue; it is bad psychologically. A man fools himself. If he has anything worth while to say, he will get an audience without his conversation being seasoned with profanity. If he hasn't anything worth while to say, the remedy is to get something worth while to say, rather than to attempt to impose upon himself and the public. His reasoning at best is in bad taste, and at worst is blasphemous.

THE LICENSING OF MOTOR CAR DRIVERS

(The Brantford Expositor)
The two hundred delegates at the eleventh annual meeting of the associated boards of trade and chambers of commerce of Ontario had the question under consideration of licensing all drivers of motor vehicles in the province. The matter was brought before the convention by representatives of the Iroquois Falls and district board of trade, who insisted that the continual increase in the number of fatalities in highway accidents calls for drastic remedies. Their resolution states: "That the provincial government of Ontario be asked to introduce in the coming session of the legislature, a bill similar to the ordinance made on October 1, 1924, making it necessary for all automobile operators to carry a driver's license, for which suitable examination must be passed."

This resolution was the subject of earnest debate, and at the end, it was adopted by a large majority. Those who supported the resolution, pointed out that, under present regulations, the authorities have practically no control over motor car drivers, and that some form of control is not only desirable but an absolute necessity. With the arguments in support of more efficient control, the people of Ontario will be in complete sympathy. The appalling accidents that are continually taking place on highways of the province, and on the streets of the towns and cities, would appear to indicate either gross ignorance or criminal carelessness in the operation of motor cars.

The people of this province recognize that a new era has arrived in transportation, and have no desire to hamper legitimate travel, but there has arisen an urgent and insistent demand for the strict regulation of motor vehicle traffic in the interests of public safety. This question has been discussed for a long time in the newspapers of this province, and in meetings of various public bodies, and it deserves the prompt consideration of the government. The fact that it has been embodied in a resolution and endorsed by the chambers of commerce of the province, is a sufficient guarantee to the government that it has the support of public opinion. The safeguarding of human life, not only of the motorists themselves, but also of pedestrians, has become a vital necessity.

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Note: Dr. Scholes columns as well as public print. Per accompanied by Dr. W. J. Scholes.

Chillblain means a cold, burning and itching toes, feet, fingers nose by exposure to cold air. The feet and toes are frequently affected. The cases from a small, red, itchy blistering and the most severe cases. The general health is subject to chillblain below normal. There are more readily susceptible effects of cold which the quality of the circulation is diminished. Exercise and Dr. Before the cold weather, preventive measures should be carried out. Efforts made to improve the circulation and make the circulation active by regular exercise and daily, cool spots followed by friction with towel.

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HEALTH
SPRAIN
R. M. S. inquires: best thing to do for Repl

First, it is well that the condition not a fracture, especially is near the water require an X-ray. Soak the sprain water several times quiet for a few days.

Exercise Bef
RE. A. B. writes: is not healthy to eat for eating. But I told me that is water exercise just before. When I asked the said that exercise interfered with digestion he entered the stomach is in the

Re
During digestion organs require more on their functions are at rest. The are at rest. The more blood during when after is equi immediately after is diverted from organs to a certain organs do not fu
If one exercises fore a meal, enough time for recover its equilibrium, digestion starting. The may still be too muscles and no digestive organs, a period of rest and eating.

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C. J. asks: annoying sweet
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