

For The Quiet Hour

FOUR THINGS

Four things a man must learn to do
If he would make his record true:
To think without confusion clearly;
To love his fellow-men sincerely;
To act from honest motives purely;
To trust in God and Heaven securely.

—Van Dyke

THE CHURCH FALLS SHORT OF HER FUNCTION WHEN she tries to compete with amusement enterprises. The spirit of profit and commercial advantage enables the amusement enterprise to do what the church cannot do. The field of the church is big enough without indulging in circus stunts to secure recruits. The early church met in the upper room, a place of prayer and power, and the invitation was given by the apostles, "Come and see Him of whom it was prophesied!" Too often the church of today puts the emphasis not on the upper room, but the supper room; not on prayer, but pleasure; not on consecration, but recreation. What this old world needs is not a further incentive to seek pleasure but a genuine revival which will furnish new motives to holy living.—Rev. Fred. A. McDonald.

THE SO-CALLED "HEATHEN AT HOME" COULD HEAR if they would. The heathen abroad would hear if they could.

DR. GRENFELL TELLS OF AN OLD FISHERMAN, RICH in trust, who was given to hospitality. He was 73 years of age and had fed many hungry folk during the hard winters. One winter when times grew unusually hard, this old man of faith brought forth twelve dirty, well-worn five dollar bills, "which I knew represented all his savings. I said to him, 'You are getting old, and you shouldn't cut the last plank away yet.' Then did this hardy fisherman of many perils answer me, 'He'll take care, doctor! I guess I can trust him. It wouldn't do to have used that \$60.00 and sent folks away hungry, would it doctor? It would look as if I didn't have much trust in him.'"

Lifetime is working time.
Learn where duty lies;
Grasp every passing day,
As a precious prize,
Glad to help the sorrowing,
Glad to sympathize!

—Carrie A. Breck.

THIS IS HOW A MOHAMMEDAM FATHER IN INDIA wrote his son when the latter became a Christian:
"If you were home, I would give your flesh to the dogs. Now I shall be glad to hear that you are begging, or that you have been put into jail. I will certainly kill you if you come back."

THE CHURCH IS NOT THE PREACHER'S BUSINESS any more than the government, or the public schools, or the health department. It is everybody's business. It is a gathering together of men and women to stand for good things in the community and by their mutual help, to work more effectively together than they could apart. As a clergyman, I call on the good citizen who remains outside the church, and I say, "I need you. We're working with an institution called a church, which is nothing more nor less than an organized ideal. Because of its influence, your home is safer, your business is more successful, your children have a better education and a better chance. I don't own it. Come on with me and help to make it better!"—Dr. William E. Barton.

"IS THE WORLD ROUND?" A SCHOOLMA'AM ASKED the little boy.
"No'm."
"It isn't, eh? Is it flat then?"
"No'm."
"Are you crazy, child? If the world isn't round and isn't flat, what is it?"
"Pop says it's crooked."

AT TEN O'CLOCK EVERY MORNING IN THE RAILROAD Branch of the Y. M. C. A. in New York City a couple of scouts from the secretary's office go down the hall and invite the boys to "Come to the morning meeting." Presently a group begins to file in for what is known as the railroad men's "Every-day-in-the-Year Club." A dignified passenger trainman heads the procession. The club is sixteen years old, and he has been president ever since it started.

This simple religious meeting is famous from Buffalo to Boston, from Jacksonville to Montreal. Men of every shade of religious belief attend. Many of them have no opportunity to go to religious services of any other kind, for the trains must be kept moving seven days a week.
First, a portion of the Bible is read responsively, and the leader picks a thought for the day and talks about it for five to seven minutes. Then someone offers a brief prayer for those present and for the boys out on the road, and the group unites in the Lord's Prayer. The men chat for a few minutes informally, then file out, some to the day's work and some to the dormitories to rest before going out again on the trains.

The influence of this meeting is one of those pervasive things that help to give the spiritual touch to all the work done in the Railroad Branch.

THERE ARE SOME PEOPLE IN THESE DAYS WHO are always trying to make the miraculous and the supernatural a little less supernatural,—the people who take such desperate pains to lighten the labors of Omnipotence.—Bishop Magee.

A YOUNG MAN IN SYRIA NOT LONG AGO RECEIVED a letter from a friend in America containing treasonable remarks about the Ottoman government. He was immediately haled to court and tried as a traitor to his country. The court was entirely Moslem, while the boy was Christian, and he seemed to stand no chance at all. The young man said that he knew nothing about the contents of the letter before receiving it, but his assertion was received with sneers. Then the judge asked him where he came from. The boy answered that he was a student in the Syrian Protestant College. Instantly the presiding officer turned to his court and said: "We do not need to go further in this case. The boy comes from the Syrian Protestant College, and the boys from there tell the truth."

"AT THE CLOSE OF THE SERVICE, I MET A MINISTERIAL friend," writes one. "We fell to discussing the preachers of the day. He gave me a slice of recent experience. 'I went to hear _____ The church was crowded. He preached a daring, eloquent, evangelical sermon. I believed every word of it. I was thrilled, delighted! But had I been an unconverted man, I could have listened to it all, Sunday by Sunday, and lived like a devil through the week. I went to hear _____ I didn't agree with his theology, it was antediluvian. Doctrinally I didn't believe half he said. But he saved me with every word of his mouth!'"

In Other Communities

Taken From Our Exchanges About People of Your Acquaintance

Another Rubber Company for Wingham

Sometimes a town is fortunate in having a new industry locate and sometimes it is unfortunate. It depends on what the town is going to give and what they expect. At any rate, Wingham classes itself as fortunate in having another industry locating within its borders. The Federal Manufacturing Company, which will occupy the premises lately occupied by William Dore's carriage works. The company have been operating in Toronto, but finding expansion necessary, they hit upon Wingham and incidentally are open to accept \$15,000 from shareholders.—Teeswater News.

Death of Former Matron of Grey House of Refuge

At an early hour on Saturday morning at her home in Owen Sound, the death occurred of Elizabeth A. Simpson, widow of the late Thomas Harness, who was for a number of years superintendent of the Home for Aged and Infirm at Markdale. Deceased had been in failing health ever since last fall, and her death, which was due to heart trouble, was not unexpected. As matron of the Home at Markdale during the time her late husband was superintendent, Mrs. Harness made a host of friends, as she possessed a kindly disposition, and her thoughtfulness for the welfare of others was one of her characteristics.

Dog Drags Child to Safety From Path of Automobile

Captain Nuttall's dog, "Mike," on Friday rushed to the assistance of a little girl who was in danger of being run down by an automobile, seized her clothes in his teeth and dragged her to safety. The little girl was playing with some children on the street, and suddenly an auto came along, bearing right down upon her. One of the other children screamed, whereupon the dog rushed out and pulled the little one to safety, grasping her dress near her waist. Captain Nuttall says that the dog has displayed great sagacity on many occasions when out in the bush with a party of hunters.

Cows Die Mysteriously

Six valuable milking cows owned by John Proctor, third line, Melancthan Township, were found dead in the barnyard Friday afternoon. At 1:30 p.m., Proctor, on his way to a field to plow, turned the cattle out of the barn, and they appeared to be all right. When he returned at 4 o'clock, all but one were dead, and it died shortly afterward. The cause has not yet been determined. Orangeville Sun.

Attacked by Large Eagle Near Wingham

While taking a short cut through a woods near here on Friday afternoon, Russell Girling was attacked by a large eagle. Mr. Girling shot the big bird, which was of a gray color, and measured five feet, three inches from one wing tip to the other. Mr. Girling is a trapper and hunter.—Listowel Standard.

Clifford House Destroyed by Fire

About one o'clock last Friday, smoke and flames were noticed issuing from the roof of Mr. John Weir's house on Nob Hill. A fire alarm was sounded, and in a very few minutes a crowd had gathered, and with great courage got out most of the household effects from the lower flat, and with the assistance of fire extinguishers, saved the adjoining frame woodshed, where a quantity of good, hardwood was stored. Mr. Weir, who lives with his daughter, Mrs. H. Eckenswiler, during winter months, was making preparations to return to his home for the summer, and had put fires on in the house since Tuesday. On Friday he had a fire on, and came down town about eleven o'clock for dinner, everything being all right when he left. The fire is supposed to have started from the chimney, or overheated stove pipes, as the upstairs was all in flames when the crowd gathered, and they were not able to save any bedroom articles and a quantity of their sitting-room furniture was stored upstairs. It is a severe loss to Mr. Weir in his declining years to lose his home by fire, and the sympathy of the community is extended to him and his family in their misfortune. On Monday Mr. Weir sold the property of four acres to Mr. Thomas Bown, who has cropped it for some years. He is also having an auction sale on Saturday of the household effects and wood which were saved from the fire.—Clifford Express.

Burglars at Shelburne

Burglars were apparently out to make a clean-up in Shelburne in the early hours of last Saturday morning. Three business places were entered. A. V. Silk's harness shop, W. Mogridge's barber shop and Lee & Sam's cafe. At the cafe, the stolen goods included pipes, pies, cigarette cases, playing cards, overcoat, cap, ham, bacon, \$5.50 in silver and copper, boxes of chocolate bars, packages of cigarettes and tobacco and boxes of cigars. From the barber shop the loot included razors, a hone, lather brush and soap, and from the harness shop, boots and shoes, work shirts, club bag, suit and khaki trousers. Provincial Officer Barron was up from Orangeville to investigate, with what result remains to be seen. Monday night an attempt was made to enter Fleming's hardware store by a rear window.—Shelburne Economist.

Thieves Busy at Port Elgin
Some time on Sunday night, some-

one entered the pool room belonging to Mr. W. Kidd and stole a quantity of cigarettes and tobacco, but just what amount was taken has not yet been determined. No money was left in the cash register on Saturday night, although the register showed signs of having been tampered with. The thief gained entrance by breaking the glass in the back window, and as no one lives over the stores in this section, it was an easy matter to break the glass without being heard. Although Mr. Adam Kearns, who operates a garage a few doors south of the pool-room claims to have seen a young man about 12 o'clock Sunday night going along the alley and had to call his dog away as he took after the midnight prowler, as he did not seem in a hurry, Mr. Cairns' suspicions were not aroused. He was unable to give a description of the party, as in the darkness, he could only make out the man's outline.

It is reported that a few nights ago, a similar attempt was made to gain entrance to Eby's pool room, but the robber was heard by the lady who lives close by and who made such a racket that the thief was frightened away. It is no doubt the same party who entered George's shoe store about ten days previous and stole a pair of oxfords.—Port Elgin Times.

Bands and Towns

There appears to be a band re-organization epidemic in this section of Ontario just now, in places which have not had a band in late years. This is not the most opportune time of the year for starting a band, that is if much result is expected this season. A band really requires a big part of a winter's work to be able to come out and make a proficient showing.

Among towns starting a band are Creemore and Alliston, and competition in those neighboring urban centres should be interesting to see which one can make the most headway.

On the Toronto-Owen Sound line, between Orangeville and Owen Sound, and on the Walkerton branch of the C. P. R., practically every town has a band—Orangeville, Shelburne, Dundalk, Markdale and Owen Sound—all have a musical organization of that kind, while on the Walkerton line, Durham, Hanover and Walkerton can boast of an organized and active band.

Peculiar as it may sound, the towns which haven't a band are envious of towns which have one, while towns which have a band don't seem to fully appreciate the fact that such an organization is in the town.

That the general public enjoys listening to band music goes without saying, yet many citizens seem to take the town band largely as a matter of course, and don't consider it a community organization in which every public-spirited citizen should be interested. If your town has a band, boost it! If you enjoy the music, say so. If your band isn't as good as it ought to be, it hasn't necessarily been the fault of those who are in it.—Dundalk Herald.

A Freak Hen's Egg

A freak hen's egg from Spruce Glen Farm was left in The Herald office last week. Apparently the hen wished to do a little decorating on her own account in this "paint up" season. The egg, which is of ordinary shape and size, had a distinct dark brown paint-like substance covering about two-thirds of the surface at the two ends, leaving a white band or belt around the centre.—Dundalk Herald.

Negative Calisthenics

"Gracious, how fat Betty is getting to be!"
"That's because she daily doesn't."

LEE BROS. WILD ANIMAL SHOW

The rarest collection of wild animals in America is exhibited in the menagerie department of Lee Bros. Wild Animal Show. Six black bears, sixteen lions, ten leopards, eight pumas, tapir, horned horse, superb Bengal tigers and a nursery of kittens and cub jungle creatures are in this unique and priceless menagerie. The animal specimens are perfect physical types and represent years of labor in their gathering and an investment of fabulous sums of money. All the strange beasts of the jungle that are rarely met with by explorers are to be seen in this collection.

There are two herds of performing elephants that do most unnatural and wonderful tricks. The bulky beasts move about with astonishing speed and take their cues for the different turns without the slightest hesitancy. The giant fellows go through changing figures of dance with light and graceful steps and sway their huge bodies with the rhythmic sympathy and enjoying spirit of accomplished human nature. They even go through with the broad, humorous features of a farcical skit and provoke heartiest laughter by their unctuous treatment of the comical incidents. Call it gray matter, or what you will, the effect is a chapter of experimental knowledge that is well worth the study of all who are interested in animal life.

Shapely horses of aristocratic breeding and education lend further attractiveness to this department of the huge shows. These high-spirited beasts have been patiently taught to make the most of their great beauty, and to see them maneuver in military displays, archly evolve the intricate measures of fashionable dance and recklessly dash into thrilling pursuit of the hunter's quarry are scenes of stimulating enjoyment, never before met with in any amusement institution, however colossal and enterprising. There are nearly 200 horses with the Lee Bros. Wild Animal Show, and many of these are equines of superior pedigree, wonderful symmetry and extraordinary value. The horse fair alone, as this feature of the show has been aptly called, has aroused the keenest interest and admiration among all lovers of the perfect in equine breeding.

The Lee Bros. Wild Animal Show will exhibit in Hanover on Tuesday, May 25, giving two performances at 2 and 8 p.m., rain or shine.

If only the constitution required killing one fool law before passing another.

FOR GIRLS WHO WORK

Lydia E. Pinkham's Vegetable Compound Is a Great Friend—It Stops Pain and Restores Health

Toronto, Ontario.—"I work in a factory and I would have to get away from my work every time I was sick. The dragging-down pains and cramps were very bad, but my back was terrible. It hurt so that I couldn't lie down with it. I heard some of the girls talking about Lydia E. Pinkham's Vegetable Compound, and they told me to try it. I have taken about a dozen bottles of it and it has done me a lot of good. I never have any pains or sore back now, and have not been off from work a day since I have taken it. I recommend the Vegetable Compound when I have the opportunity."—Miss ROLLO, 21 Howie Avenue, Toronto, Ontario.

"The Advice of a Friend"
Hanover, Ontario.—"I was terribly pained and a few odd times I almost fainted. I used to do housework until a few months ago and sometimes I had to leave my work and go to bed. I am now a mender in the knitting-mill. I suffered five or six years from painful periods before I took Lydia E. Pinkham's Vegetable Compound by the advice of a friend. I got relief almost immediately, and I tell my friends what a good medicine it is. You may use this testimonial if you like, if it will help others."—Miss J. PEARSON, Victoria Street, Hanover, Ontario. C

And Several Who Can Do Otherwise
"A beautiful and loving woman can bring down heaven."
"True—and I know several who can raise hell."

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Note: Dr. Forster columns as will be public print. Persons accompanied by self dress Dr. Arthur L.

During the "R" ten pounds of super through the summer the winter season people they do in "the god whose ductless glands exhibit these weight

There you have the causes of obesity—that "bug-bear" of the middle-aged. And of the three my old and experienced has come that the ductless glands leading part.

I know people who are as the proverbial rail that times as much as their, who tips the scales at two pounds. I know people "fat and forty" that exert different ways, while friend never moves a muscle can help it. Which is "getting fat" isn't entirely of eating and exercise. Fundamentally, then, but thin is, in my opinion, due by the activity of the ductless glands (in the head; thyroid (in the neck); the glands (breasts); the adrenal top the kidneys; the ovary testes.
Each of these glands is fluid that enters the blood and the resultant mixture of most of the more important processes. Thus, a person born without a thyroid gland remains a midget, and one with a much pituitary substance a giant.

Study Discloses Defect
Between these two extremes find the people who are in every respect, save that they are too fat or too thin. And study of each case shows some defect in one of the glands. For example, we are illiar with the rapid gain of in women, after the menopause after operative removal of the ovaries. Ovarian deficiency is established cause of obesity cases. In others, the cause somewhere else.

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HEALTH QU
A Sore Tongue Is a Barren Disease
Mrs. W. G. writes: "I have had a sore tongue a year. The back is thick coated, while the tip is covered with ulcers. I suffer from constipation also have pains in right abdomen and back."
Reply
"Your tongue is an index state of your stomach and in which are more or less in condition. You should first see to it that your bowels are larly every day. Go to the same time each day, after breakfast, which is preceded with a glass of cold. Eat lots of roughage—fruit, cabbage, lettuce, and such up the industrial time—do suitable exercises. Your tongue soon clear up under such a

Why Teeth Ache After Being K. G. writes: "I had three weeks ago the dentist's and in addition other work, he filled two which had cavities. These ache slightly most of the badly when I eat."
Reply
"Do you advise pulling on them?"

THE FAM
[Illustration of a person's face]