

ple in a natural every day tone. Come down from your stilted homiletics and sacred tones, and become as a little child, so that childlike believers may understand you.

Do not pad your pauses, ah, and waste breath, ah, on a word, ah, that has no meaning, ah. Do not imitate others. A poor original may be better than a good copy. Cultivate naturalness; do not mumble your words; chew your food but not your language. Do not dwell on a monotone; do not drop your voice at the closing of a sentence; we may need to hear the end as much as the beginning.

Give the children a little in due season; it may also interest and profit the parents. Change the subject if it goes hard. Use sanctified common sense in all your affairs. Do not tire yourself and everybody else out. Beware of long prayers, except in the closet. When weariness begins, devotion and profit end.

Be careful of your health, but not too careful. Make your shirt collar large enough to let the blood flow freely from your heart to your head. Do not begin too low, or get excited too soon. Take long breaths and keep your lungs well filled. Keep your thoughts ahead of your words and breathe before your lungs are exhausted. It is easier to run a mill with a full pond than with one half empty.

Be moderate at first, hoist the gate a little way, when half through, raise it higher; when nearly done let on a full head of water and shut down promptly. Do not miss too many good places to stop. Stop at a climax.

Do not preach with a big stick in your hand, nor use a blunderbus. Aim at a mark, like Nathan before David, fire, and mark where the shot struck, then fire again. Do not study the fine art of finesse to fire into your audience and hit nobody. Pack your sermons. Make your words like bullets in cartridges. A pound of feathers is as heavy as a pound of lead, but it will not do the same execution. Use ounce bullets rather than sacks of wool. Do not use too many words for a few thoughts.

Make your discourse proportionate. If it is narrow and shallow, in mercy make it short. If wide and deep, it may run longer. People do not think a mud puddle to be as deep as Lake George, simply because they cannot see the bottom of it. Have a clear head and a warm heart and others will be made to see and feel.

Always be earnest; God never intended the gospel to be preached in cold blood. Draw the Bible on them and shake your heart out at them. Speak forcefully, as a living man to living men, and a dying man to dying men. Do not aim to be a fashionable preacherette, with a sweet sermonette, posing and posing to display a charming pulpit personality. You have a life and death message for sinners and a God-sent message for saints. Preach both heaven and hell.

I know men who might be good preachers but for two faults. 1. They have no delivery. 2. They have nothing to deliver. Preaching is the meanest trade, but the noblest vocation in the world.

Stand for God like a rock, on a rock, if you stand alone like Antipas. If the world is against you, you must be against the world. Do not make your pulpit a coward's castle and preach a gospel of blandishments to please men. You need not run to the door while the people are singing the doxology, and then bow and scrape to them all like a political demagogue.

"The apostolic preacher is not sensational; no apostle ever crowed like a rooster, brayed like an ass, or ever endeavored to imitate the whale belching up Jonah. He is not a humor-

ist or jester anywhere; the apostles dealt with such awful themes as sin, salvation, heaven, hell, and the judgment, and were too much in earnest to be light and chaffy. He is not too popular; the normal death of an apostle was martyrdom. He is not too ornate; the apostolic style was plain, terse and often offensively personal. He is no lecturer; no apostle ever was a mere entertainer. He is no dude, but a soldier.

Preach a straight gospel and live up to it. You are not likely to set the standard too high. Do not make your text a pretext, but expound the word. An apostolic sermon is not an essay or an oration. Look to the stars for guidance and not to weather cocks. Do not look around to catch the smiles or shun the frowns of the world. Please God, and if no friendly faces shine upon you, look upward and forward. Drive away a back-biting tongue with angry countenance.

Make few promises, learn to say, "No" very sweetly but decidedly. Keep out of debt, and do not let anyone owe you any more than you are able to lose.

Speak to the people as your master did, and with His authority. You are not a lecturer. Do not feed bones to babies nor dish-water to adults. Be radical, but wise and amiable in contending for the faith.—*Selected.*

QUARTERLY MEETING.

The quarterly meeting of District No. 1 convened with the church at Victoria Corner on Thursday, January 7th. The President, Rev. P. J. Trafton, took charge of the service, and preached from Acts 9:6. The next meeting was appointed for Friday at 3 p. m., the Rev. E. W. Lester leader, who preached from Gen. 4:7. At 7.30 p. m., Rev. A. H. Trafton preached from Dan. 3:16. The next service held at 10.30 Saturday a. m., was led by Rev. H. S. Dow, speaking from St. John 1:6.

At 2.30 p. m. the business session was held, president P. J. Trafton in the chair. The roll call found ministers present as follows: Revs. P. J. Trafton, E. W. Lester, H. S. Dow, and there were present as delegates from the churches: Fort Fairfield — L. S. Kinney; Hartland, S. H. Shaw and Chas. Carr; Victoria Corner, Mrs. W. Haywood and George Somers; Woodstock, Chas. Mutch; Rosedale, Gordon York and wife; Greenbush, Chas. Grant; Lower Hainesville, Henry Elliott.

The following officers were then elected for the ensuing quarter. Rev. P. J. Trafton, President; Rev. H. S. Dow, Secretary; George Somers, Treasurer; P. J. Trafton, Highway Agent. The Devotional Committee consisted of brothers Deacon S. H. Shaw, C. O. Mutch, Geo. Somers.

The reports from the churches were read as follows: Hartland—All our services are blessed of God. At a recent Sabbath evening service two souls prayed through and crossed over into the Canaan Land experience. Our pastor, Rev. P. J. Trafton, is a faithful and efficient leader. The Sunday school is doing well with brother Claud McMullen as superintendent. The Missionary Society and Prayer Band are actively at work.

Lower Brighton sends greetings. We are much encouraged in the work of the Lord here. The young people who came out in our recent revival are mostly holding true and sustain their regular Sunday evening services. The attendance at prayer meetings and Sunday school is good, and we also have regular missionary meetings.

Woodstock. We have nothing of a special character to report since last quarterly meeting. Brother Dow preaches the pure gospel, and is abundant in labors on all lines. The Lord has been dealing graciously with us. Harmony and united effort prevails, with an increasing interest in the work. The attendance is good at the different services. The prayer and social meetings are seasons of Spiritual fervor and power. The Sunday school is prospering abundantly, increasing in numbers which reminds us of the fact that a corresponding responsibility is devolved upon us in this branch of the work.

Brother Lester reported the work on the Millville circuit. The work is going on well generally, especially at Millville where the church received much help in the recent revival under Evangelist A. P. Gouthey. Several young women came out in those services with others, and are having a weekly Bible study meeting. Many are witnessing definitely to the second blessing. Brother Lester has opened a new place of labor at Mapleton which looks encouraging for the future.

Henry Elliott reported for Lower Hainesville. The pastor is faithful in his labors and the regular work is going on steadily.

Brother L. S. Kinney reported for Fort Fairfield. The attendance at the services is good—better than it ever has been, especially the missionary meetings. He believed the recent holiness convention under A. P. Gouthey as preacher, was a great help to the town.

Mrs. W. Haywood reported for Victoria Corner. We are much encouraged in the Lord. Have been greatly helped in special services held by our pastor. Our meetings were never better. C. O. Mutch expects victory for Woodstock this winter.

Charles Grant says for Greenbush church: The fire is still burning. People are being helped and are not discouraged. Brother Coy is pastor and is faithful in his appointments.

Charles Carr spoke encouragingly of the Hartland church.

After quite a lengthy discussion opened by Brother S. H. Shaw the quarterly meeting passed a resolution to recommend that all church members, especially adults, take a live interest in Sunday school work, and manifest their interest by their presence and not sleep at home during Sunday school hour, but be sure to go the way they want the young people and children to go.

It was also resolved to tender Mrs. George Hartley and family, and Royalton church as well, our sincere regrets and sympathy in the great loss they have recently sustained in the death of our Brother Hartley, who was a faithful husband, father, church member, and will be much missed at the quarterly meetings, where he was a faithful attendant.

The usual vote of thanks was tendered the church at Victoria Corner, together with the friends, for their kindness in entertaining the quarterly meeting.

Brother L. S. Kinney, on behalf of the Fort Fairville church, extended an invitation to the next quarterly meeting to convene with the church there in March next.

There was preaching Saturday evening by Rev. S. H. Dow from Ecl. 12:1, emphasizing the importance of an immediate surrender to Christ.

The first service on Sunday was a love-feast led by Brother C. O. Mutch, speaking from Isa. 12, and at 11 Brother Charles Grant preached with power and unction from