

## The Christian Life.

### LET HIM KNOW.

If you have a word of cheer  
That may light the pathway drear  
Of a brother pilgrim here,  
*Let him know.*

Show him you appreciate  
What he does; and do not wait  
Till the heavy hand of Fate  
Lays him low.

If your heart contains a thought  
That will brighter make his lot,  
Then in mercy hide it not;  
*Tell him so.*

Wait not till your friend is dead  
Ere your compliments are said;  
For the spirit that has fled,  
If it know,

Does not need to speed it on  
Our poor praise; where it has gone  
Love's eternal, golden dawn  
Is aglow.

But unto our brother here  
That poor praise is very dear;  
If you've any word of cheer  
*Tell him so.*

—Good Health.

### JOY A CHRISTIAN DUTY.

JAMES E. C. SAWYER, D. D.

There is a deeply rooted idea in the minds of many people that Christianity is a religion of gloom. More than one great thinker has called it the religion of sorrow, and poets, who delight in things bright and beautiful, sink into minor tones when they sing of religion. True it is that in a certain sense Christianity may legitimately be called the religion of sorrow. Its founder, the Lord Jesus Christ, was a man of sorrows and acquainted with grief. Its symbol is a cross, significant of suffering and shame. The condition of its service is, "If any man will come after Me, let him deny himself and take up his cross and follow Me." Its triumphant disciples are those who have come out of the great tribulation and have washed their robes and made them white in the blood of the Lamb. Yet the joy of the Lord, underlying the sorrow of the Christian life and often bursting out with a radiance which changes the sky from a dull gray to glowing brightness, ought never to be forgotten. We are so apt to emphasize the sorrow as to obscure the joy. The sorrow is only accidental and transient, while the joy is essential and permanent. Even sorrow itself becomes the hand-maiden of joy when one learns the duty of being glad, for then we rejoice in the Lord always, knowing that in every experience perfect wisdom and love are present to make all things work together for good.

Both in the Old Testament and in the New religion is described as joyous in its character. The Hebrew economy was jubilant in its arrangements for worship, calling into play the music of the harp, viol, tabret, cymbal, stringed instruments and organ. There was joy in the daily service of the Temple, and at the great feasts, when all the people kept holiday; the land was filled with gladness from mountain-top to valley. Thus the Hebrews recognized the duty of being glad, and put it into practice.

The teaching of the New Testament is no less emphatic. The very message

of Christianity is the gospel, the good news of redeeming love. Christianity was introduced by a summons of joy: "Fear not, for behold I bring you good tidings of great joy, which shall be to all people." On the night of His betrayal, when the shadows of the approaching crucifixion fell thick and fast, Christ gathered His disciples around Him and told them of the blessed mystery of their union to Him, ending with the striking declaration, "These words have I spoken to you that my joy may be in you." The purpose of the Christian life, as revealed in the teaching of our Lord and His apostles, is to fill heart and life with the joy of Christ. When the believer realizes that truth he quickly apprehends the privilege and duty of being glad, and soon he walks in the sunshine of a joy which cannot be banished by the fog of human doubts or the clouds of earthly trials.

Cheerfulness is always an element of strength. The joy of the Lord is the strength of every true Christian. Joy is the law of the kingdom of heaven—in that kingdom light is sown for the righteousness and gladness for the upright in heart. This joy is no transient feeling, born of the mood of the moment and clouded by the change of emotions, but a divinely sustained principle based upon an abiding assurance. True it is that this joy has its times of rapture and ecstasy, when heaven seems specially near and glimpses of the beatific vision are caught. Then the joy becomes unspeakable and full of glory. But these upliftings to the seventh heaven are rare and cannot be expected often, whereas the calm gladness of peace and communion ought to be the constant condition of the soul of every believer.

Gloomy Christians repel; sunny Christians attract. We are the world's Bible, and men judge the religion we profess by us who profess it. If we are dull and sad in our intercourse with our fellows, can we wonder at their blaming our religion? What we need today in our Christian life is a baptism of gladness that shall send us on our way with shining faces and jubilant praise. Rejoicing in the Lord we should recommend Christianity by the winsomeness of our words and deeds. In the worry and strain of our generation no more welcome strength could come to any life than the abiding gladness of faith in the Lord Jesus Christ. The surface of life may be troubled with a passing storm, but eternal peace will dwell in the heart. Our stream in the desert may be embittered by a Marah, but there will always be a sweetening tree at hand. We may be brought into our garden of Gethsemane, but there will always be an angel near to comfort and strengthen. Why, then, be sad? Should we not cast all gloom, born of doubt and fear, far from us, and live out full and happy lives in the sunshine of faith?

### It's What it Leads to

That makes catarrh such a dreaded disease. If you have catarrh taint, dropping in the throat, if you hawk and spit, and have a stuffed up feeling in your nostrils, you should use fragrant healing Catarrh-zone at once and get cured. Thousands have been saved from consumption and completely cured by Catarrh-zone, so there is no reason why you shouldn't stamp out your catarrh also. Catarrh-zone will really cure you and prevent the disease from returning. It's very pleasant, just balsamic medicated vapor—no nauseous drugs. Absolute cure guaranteed to users of Catarrh-zone; it can't fail, try it. Complete outfit \$1.00; sample size 25c.

### SOME WAYS IN WHICH YOU MAY HELP.

Help whom? Well, not the poor this time, not the sick, not the heathen over the sea. Some ways are worth considering at this period of the year in which you and I may help the pastor.

We are much too apt to fancy that the pastor needs no aid save that of the church officials. In proportion as we overlook or recognize his real dependence upon the families in the congregation, we hinder or forward his success.

One important thing is never to speak lightly of the minister in the presence of children or acquaintances, never to allude to his sermons in tones of depreciation or of faint praise; and never to criticize either his pulpit manner or his relation to the homes of his people. Above all things, the loyal parishioner intent on assisting the pastor and building up the church will not compare him unfavorably with his predecessor or with other clergymen in the community. These are trifles in the minds of many, but they weight the scale in which the pastor's influence is tested. Mrs. B., a good-hearted woman, who would not for the world disparage a neighbor, says airily, "Our pastor is a great scholar, but he preaches over our heads. I never attempt to understand him, and I don't wonder that the young people grow weary under such profound sermons." Miss C., an amiable spinster, does not like the minister's choice of themes, and declares that his preaching is too doctrinal. She prefers practical preaching. (As though there could ever be a divorce in homiletics between doctrine and practice. Those two partners that like faith and works are inseparably bound together). Jenny P., who likes the minister's sermons, complains that he never calls. "He hasn't been in our house in six months, and father has been ill, too!" Mrs. John M. explains to all hearers that she would enjoy Mr. — much more if she could forget Dr. —, who was so dear a friend of the family and so all-round a man, so equal to every emergency, etc. These people, one and all, are not helping their minister; they are breaking him down.

To assist him thoroughly, they who love the pastor should second his efforts, follow out his suggestions, and support him by their presence. Much lamentation is wasted over vacant pews. There would be few vacant pews in most churches if the ordinary congregation were properly represented at every session, people coming in from outside would be attracted and not repelled. Loyalty to one's own church, and to one's own denomination demands that every day and hour man and woman should be found faithful and standing at his or her post of service.

"I ran away to hear such and such a minister," says a church member; but she should have remained at home and sustained her own pastor by her presence. Think this over, friends, as we begin another season of church activities.—*Chris. Intelligencer.*

### WHAT IS DYING?

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze, and starts for the blue ocean. She is an object of beauty and strength, and I stand and watch her until she hangs like a speck of white cloud just where the sea and sky come down to meet and mingle with each other. Then some one at my side says, "There! She's gone!" Gone where? Gone from my sight—that's all. She is just as large in mast and hull and spar as she was when she

left my side, and just as able to bear her load of living freight to the place of her destination. Her diminished size is in me, and not in her.

And just at that moment, when some one at my side says, "There! she's gone!" there are other eyes that are watching for her coming; and other voices ready to take up the glad shout, "There she comes!"

And that is—"dying." — *Luther F. Beecher.*

### WANTED: A POSITIVE GOSPEL.

It is the preacher of positive faith and conviction who most deeply impresses a congregation and who has the greatest staying power among a people. Nebulosity of belief and statement does not commend him to the public.

A firm grip of truth makes him strong and vigorous in preaching and influential and persuasive in spirit and activity. The more clear-cut he is in his views of Bible doctrine and practice, the more ready are choice and intelligent souls to accept him as their religious guide, and the greater their combined influence in the community in which it is centered.

A larger enthusiasm is quickened among its adherents, and a growing increase in the number of recruits is sure to follow his faithful and zealous ministry.—*The Presbyterian.*

*A Wide Sphere of Usefulness.*—The consumption of Dr. Thomas' Eclectric Oil has grown to great proportions. Notwithstanding the fact that it has now been on the market for over twenty-one years, its prosperity is as great as ever and the demand for it in that period has very greatly increased. It is beneficial in all countries, and wherever introduced fresh supplies are constantly asked for.

He who prays right will pay right.  
He who pays wrong will pray wrong.

*A Clear, Healthy Skin.*—Eruptions of the skin and the blotches which blemish beauty are the result of impure blood caused by unhealthy action of the Liver and kidneys. In correcting this unhealthy action and restoring the organs to their normal condition, Parmelee's Vegetable Pills will at the same time cleanse the blood and the blotches and eruptions will disappear without leaving any trace.

*Sister-St. Cecelia* is a well-known and respected lady of St. Joseph Orphan Home, Ottawa, and she unhesitatingly says that "The D & L" Emulsion is a splendid medicine for thin, delicate and growing children.

A hypocrite is a child of the devil, who disowns his parentage.

*Rich and Poor Alike* use Painkiller. Taken internally for cramps, colics and diarrhoea. Applied externally cures sprains, swollen muscles, etc. Avoid substitutes. There is but one Painkiller, Perry Davis'.

Some men get rich and fail, some fail and get rich. But the vast majority of us fail to get rich.

"A Graveyard Cough" is the cry of tortured lungs for mercy. Give them mercy in the form of Allen's Lung Balm, which is used with good effect even in consumption's early stages. Never neglect a cough.