THE TONGUE.

"The boneless tongue, so small and weak Can crash and kill," declares the Greek.

"The tongue destroys a greater horde," The Turk asserts, "than does the sword."

The Persian proverb wisely saith, "A lengthy tongue—an early death."

Or sometimes takes this form instead, "Don't let your tongue cut off your head."

"The tongue can speak a word whose speed,"

Says the Chinese, "outstrips the steed." While Arab sages this impart,

"The tongue's great storehouse is the heart."

From Hebrew wit the maxim sprung, "Though feet should slip, ne'er let the tongue."

The sacred writer crowns the whole, "Who keeps his tongue doth keep his soul." -Exchange.

REV. E. M. BOUNDS.

Whatever is worth doing at all is worth doing well. Prayer is worth doing. ought to be done well. Time is of the essence of praying well. God does not measure our prayers by the clock, but it we pray successfully the hands of the clock will have changed places in a marked way while we have been in our closet. Neither the law of Moses nor Christ's law of spiritual life have in them the time measurement for praying. It takes time to do a great work, and praying is the greatest work we can do. Time is necessary to the success of every important business. Praying is our most important business. Men can do nothing greater, nothing more important, nothing so farreaching as prayer.

We will never learn to pray well without devoting time sacred to the duty and work of prayer. The reason that Christians pray so feebly, that their prayers are of so little worth, is because they do not devote sufficient time to praying to do it well. The men whose prayers have made them efficient factors in advancing God's work in the world have given much time to praying-not only because praying was a sweet and alluring business, but because they realized that its highest ends could not be secured without they pursued it at length. It takes the whole man to pray, and the whole man cannot be mustered every time at short notice. Sometimes when we enter the closet thoughts wander, faith is feeble or drowsy, the flesh is weak, the spirit faint, desire is lukewarm. It takes time to make faith strong, love ardent, thoughts centered, regular attendance and full time are vital. the public.

The closet is shut for lack of time, and all the backsliding woes which come to a certainly suffering because something else not risk your own character by having was given us to be used in prayer, but of holiness. We should bear in mind that and true saying that we are like the comprayer generally fails for lack of time. certain things that are called holiness are pany we keep. Praying will never be good praying until not according to the teaching of God's we give plenty of time to it. The pres- Word. sure of haste must be lifted from our praying. We must go to our closets under the pressure of an all-important busi- a person should suffer bodily he is not ness, and with the withdrawal of time sanctified. Let us not forget that divine from all other engagements. Leisure for healing has its place, but it is not holithe great work of praying is one of the ness. The disciples healed the sick before necessities of these times. Men have not Pentecost. time absolutely to do that for which all

time was made and given. Even the busy activities of religious or to have the idea that coming out of the churchly work rob us of, or cut short our church, "taking their names off the church of young men who smoke in their presence, was too busy filling veins and arteries to fies. flow back to the heart. Such blood-like, prayerless activities breed poison and these days that leaves the old man in the glass of beer or wine with them. death Religious activities which are not heart and thus they "die daily," as they long seasons of prayer. Dr. Judson built | the world by consecrating and separating | stead. a bamboo house in the edge of the jungle ourselves to God and remain so. in Burmah, where he lived on rice for weeks, that he might give much time to that brings deliverance from the carnal that praying. The holy Joseph Alleine ness, anger, self-seeking, doubts, fears, and doctrine, and if it is not a Bible doctrine speut from four to eight in the morning from living on Grumbling Street. The Christians have no right to believe it or

sistence in prayer.

MANLINESS IN RELIGION.

need more such manliness in the pulpit; in the fear of the Lord." it is the secret of power; it is the soul of eloquence. The cringing appeal for popu. larity, the hunger for approbation, the anxious looking for signs of sympathy, the a steady aim, and let not one be a blank ence only in her imagination. cartradge. With a brave, warm, human caused, as Murice expressed it, by "un- depressing and harmful power over us. social Christians, and un-Christian Social-

ly men. Such men are full of magnetic drags the very heart and hope out of incarnate the truth and so are in them- fancies: selves the best of sermons. It is said of a There's a song to lighten the toil great preacher: "His thought was not in his hands, but he was in the hand of his thought." That is the secret of effective earnestness; the man who is under the mastery and spell of the truth will bring others under the same mastery and spell. David Hume said of John Brown, of Haddington: "That's the man for me; he means what he say; he speaks as if Jesus Christ were at his ellow." May cvery one of you so speak. Drummond said: "The one hope of science is more science." I believe that, but would add this: The only hope for religion is more religion. Only as our daily lives are benedictions to men can they be doxologies to God.— Primitive Metholist.

THE RIGHT KIND. C. N. GOOD.

This is certainly an age of deception and shame in which the minds of the and desire inflamed. We learn to pray people are misled and diverted, and all by praying. In this school of prayer kinds of substitutes are brought before give good heed to her counsel. Not that

The subject of holiness in our day is prayerless Christian are the result. Time has come along and has assumed the term

1. Some teach that divine healing is holiness, and according to their theory if

some would have it." A great many seem time for praying, when time to pray is roll" is holiness. Let us not be deceived. vital to these activities, as if the blood It is the blood of Jesus Christ that sancti-

What is needed in our day is a holiness addition to this habit he would sometimes needed to accomplish this work. When er or lecturer say that every man is our the inroads of evil.

retire to some solitary place and devote a person gets the experience of holiness brother, we are set to pondering the words: CONDEMNED "IN THE HOUSE OF HIS whole days to this holy business. The he receives wonderful light on the state "Ye are of your Father, the devil." If men who have impressed the world for of things around him. He grieves over these words may be justly applied to any God, and through whom God has come sin and sinners in and out of the church. human being what right has that human into the world by mighty and saving Has a love for God and the church such being to say: "Our Father which art in power, have been men of marvelous per- as he has never had before. There was heaven." If that human being is my no lack of conversion after Pentecost. brother does it not imply that I am also They were all filled with the Holy Ghost a son of the devil? And if the implication and there were added into the church be true, what right have I to say: "Our The pure, high, broad manliness of daily. Would to God this were the case Father?" Certainly there are grounds here Jesus is your model; a manliness at once in these last days, that all Christians were for asserting that there is some sense in modest and aggressive, serene and earnest, filled with the Holy Ghost! "Having which the doctrine of universal brother tender and fearless, gentle and powerful, therefore these promises, dearly beloved, hood does not apply to all men. It can full of sympathy, and full of searching let us cleanse ourselves from all filthiness hardly be maintained that a man is a thoroughness in dealing with sinners. We of the flesh and spirit perfecting holiness child of God and a child of the devil at

TROUBLES THAT NEVER COME.

The story is told of a lady who for a time kept a list of impending troubles. It cowardly compromising of truth—these was a relief to see them down in black things are so unmanly that the forfeit the and white. Some months latter, in lookrespect they covet. A gun is less heated ing over the list, she was surprised to find when it fires a ball than when it fires a that nine tenths of these troubles had blank cartridge. Let your sermons have never materialized. They had no exist-

The troubles that never come form the heart, come near to men of all classes and heaviest part of our daily load. The conditions with the same gospel of love worry, the fear caused by these apprefor all. Manly piety, speaking in brave, hended miseries, often work sad havoc earnest and cheerfull tones in the pulpit, with brain and nerves. The actual sorand moving in the district with looks and rows, the bereavements, the disappointwords and acts of love for all—the poor ments, have their comfort and cure. But and the rich, the low and the high—that | there is no cure for troubles that never is the power which, under God, will solve come. They are haunting ghosts, insubsocial problems and remedy the evils stantial as mist, yet very real in their

There is toil in our daily living, there is weariness; still blessed rest will follow. A settled, clear, calm faith makes man- But the weariness of imagined burdens power; they command attention; they those who indulge in these unhealthful

> And a staff for climbing the height, But never an alpenstock For the hills that are out of sight. There are bitter herbs enough In the brimming cup of today,

Without the sprig of rue From tomorrow's unknown way. Each day comes as a fresh gift from the hand of God. In it are just the experiences His loving wisdom has ordained. Meet with a brave heart all that is in the day's portion, but shrink not from phantom lions or from shadows that seem to blot out the sun.—Ex.

A WORD TO GIRLS.

ANNA ABRAMS.

A pure and natural girlhood, guarded and directed by a wise and godly mother is one of the choicest gifts of God. Pure associations are essential to a pure character. When mother says, "I cannot let you have rough or impure companions,' you are to thank her for her care, and you should be uninterested in others who are not pure, for their good, but you canthem for con panions. There is an old

We can never reform any one by getting down to their level. If we treat rude. ness and vulgarity as though it were all right we soon become rude and vulgar. and drinking young men, and suffer from it all their lives because they chose such associations, and tolerated these evils. The wives of most drunkards were thus 2. Nor is "Come-out-ism" holiness "as foolish and careless in their girlhood companionship. How common to see the girls and young women receiving the attention and even in their faces, and it is taken as something smart. Girls often not only go with young men who they know are in 3. There is another kind of holiness in the habit of drinking, but often take a

The doctrine of universal Brotherhood prayer. The kingdom of darkness today mind, that saves us from a disposition of is very popular, but that is not the slighis reeling to its fall, under the stroke of faultfinding, worldliness, pride, covetous est ground for believing it to be a Bible

the same time.—Sel.

CRAZY SUE.

"Oh, look, there goes Crazy Sue. Isn' she funny? She imagines every little boy she sees looks like her little Willie. You know he was an awful drunkard, and was sent to the State prison and died there. I guess she has had lots of trouble."

The speaker, Grace Temple, a bright vivacious girl of sixteen, and her friend, Jennie Gray, were slowly wending their way home from school one beautiful afternoon in May, when the object of their remarks, "Crazy Sue," passed by them.

"Grace," said Jennie, "let us overtake her, and ask her to tell us her history. do not think she is as crazy as folks say she is, and for my part I am sorry for her. Let us hurry."

In a few moments they had overtaken her, and urged her to tell them about her little Willie, and while the tears rained down her cheeks, she told them the fol-

lowing story:

bride. It would take too long to tell you how my husband, whom I loved, and who was so good and kind to me, from the first glass was brought to a drunkard's grave. I thought when our little Willie came to gladden our lives he would le the accursed stuff alone for his sake, if not for me; but ah me. It had too great a hold on him. One more soul was added to the list of another agent of the devil the saloon keeper. One more wife and mother is left broken-hearted, powerless to do anything but weep, while they still go on adding to their list, never realizing that the devil has a firm grip on their souls. What a terrible awakening it will be for the saloon-keeper to find that for a few dollars, the price of thousands of souls, he will have to spend an eternity in hell, with their wailings ringing in his ears forever. Oh, my little Willie. He was a beautiful boy. How I loved him and watched over him! He was my all, my idol, my only boy. I would keep him away from the saloon. I hid him as were, but the time came when he would not be watched over by his mother any more, and in an evil hour he was tempted to take his first glass. He came home to me one night with the smell of liquor on his breath. My poor brain was crazed. I knew not what I did. I went from saloon to saloon asking who had given the hellish poison to my boy, but they only laughed at me. The saloon keeper had given the devil one more soul in return for a few dollars. They call me crazy. I cannot Girls are led into marriage with smoking tell you the rest. It will take too long. My boy whom I idolized killed a man in a drunken brawl in a saloon and was sent | child who does not control him. God has to the State prison for life. They tell me put into every child a respect for parental

> Who cares?" Advocate.

If you want young men to be sober and befouls the blood. It injures the throat, is respectable it will be respected.—Bible instituted and saturated with much praying say. Old-time holiness certainly left no virtuous they must know that they can eyes and hearing and impairs the memory. advocate. a:e inefficient and delusive. Much pray- room in the hearts of men for the old man not have the company of virtuous girls if Nothing defiles the spirit and stultifies ing cannot be done without much time. and much less today if people get the they do not keep themselves pure. Many the mind and corrupts the conscience like Edward Payson were the hard wood right kind. (Rom. 6.6-11.) Of course well-meaning girls become victims to this noxious weed. "Know ye not that boards into grooves where his knees press- some say we must continually reckon our- men's lusts from vile companionship. ye are the temple of God, and that the the pulpit, saying, "If I ever preach ed so often and so long. John Fletcher's selves dead but never die. This is certain They "fall in love," as is said, but wake Spirit of God dwelleth in you? If any again, I will leave out every bit of study wall was stained by his many and ly absurd. Let us die to sin, Satan and up to find they have fallen in lust, in- man defile the temple of God, him shall flourish and preach nothing but pres-God destroy; for the temple of God is holy, which temple ye are." May every slave of the pipe and quid be set free in God.

Empty hours, empty hands, empty companions, empty words, empty hearts, draw in evil spirits, as a vac- ed more who have died as the victims of uum draws in air. To be occupied the cigarette habit, than during a minisin prayer and holy contemplation, and in baptism with the Holy Ghost is what is preach it. Whenever we hear the preach with good is the best defense against the result of strong drink.—Rev. J. E.

FRIENDS."

When the saloon receives such an unqualified condemnation from such papers as Boufort's Wine and Spirit Circular, it is pitiable to see ministers of the gospel, among whom are counted doctors of divinity and even bishops, making excuses for it, and thousands of professed Christians regularly voting with the political parties that keep it legalized. Yet this is so glaring a fact that no one thinks of denying it Here is how the above mentioned paper speaks of the average saloon:

"The average saloon is out of line with public sentiment.

The average saloon ought not to be defended by our trade, but it ought to be condemned. In small towns the average saloon is a nuisance. It is a resort for all tough characters, and in the South for all idle negroes.

"It is generally on a prominent street and it is usually rnn by a sport who cares only for the almighty dollar. From this resort the drunken man starts reeling to his home; at this resort the local fights are indulged in. It is a stench in the nostrils of society and a disgrace to the wine and spirit trade.

"How, then, shall we defend the average saloon? We answer, Don't defend it, but condemn it. We must stand abreast of the most advanced public sentiment: we must oppose prohibition, but favor only a decent trade; we must offer society a substitute for the average saloon; we must ask society to join with us in securing model license laws; we must demand character qualifications and get men in "My dear girls, I was once a happy the retail liquor business who will conduct their places as drug stores, for instance, are conducted. We must help to clean the Augean stables; we must lift the business out of the rut into which it has run for so long a time; we must prove that we are the friends of law, order, decency, temperance."

> "Can the leopard change his spots or the Ethiopian the color of his skin?" Can a rattle-snake be made a safe bed-fellow? Can the devil be truly pious?—Pennsylvania Methodist.

CIGARETTES AND HEART DISEASE.

Cigarette smoking is held responsible by the medical examiners of the school board for a startling increase in heart disease and other ailments among students in the high schools of America.

Boys and girls were subjected to the same examination, and one of the striking features of the result was that not one girl was found unable to pass, while a large number of the boys, in almost every case smokers, were found to be in a physical condition which made violent exercise of any kind extremely dangerous.

Some of the young men, who appeared to be in robust health as far as external evidences were concerned, were said to be suffering from heart disease in its worst form, caused by cigarette smoking, and liable to drop dead at any time on a football field. In one instance, where a student was unable to pass the examination he admitted smoking from forty to fifty cigarettes a day.—Record-Herald.

No parent can have the respect of his he is dead. They say I am crazy. Do authority, but if the parent be slack in you wonder I am crazy? Where is my controlling, it always reacts on the child. home, my husband, my boy? Where is To be always promising whippings that my beautiful boy? Yes, I am crazy? are never given, giving commands that are not obeyed, or making threats, is a But the girls could not answer. Their sure way to fill the home with disobedigrief was too great.-Michigan Christian ence and contempt, and make it a hell, Either control absolutely or quit altogether, for a thing half done is worse Tobacco injures the brain, heart and than not done at all. If your authority

> Once when Spurgeon was seriously ill he grew impatient to get back to ent and pressing truth, hurl it at the people with all my might, live at high pressure, and direat all my energies to the salvation of soul."

> During the past ten years I have buritry of thirty-five years I have buried as Caldwell.