

"Sufficient Unto the Day."

BY MARY MORRISON.

Only one day at a time, dear heart,
Only one day at a time;
One day's sorrows and cares and joys
To weave into soulful rhyme.
One day's journey along the way,
Toilsome and rough and dear,
Courage, dear heart! soon cometh the
night,
Then will come rest; don't fear.

Bright and cheery the sun may rise
Over the morrow's way,
Turning the rocks to nuggets of gold,
Chasing the shadows away.
Give thyself to its cheering power,
Gather its shining gold,
Store it away for a darker hour,
When sunny skies grow cold.

One day's burden thy hands may bear,
Nay, 'tis enough, dear heart!
Borrow not aught of to-morrow's care,
Cheerily bear thy part.
Strength shall be given thee, hour by hour;
With movement slow or fast,
One by one they will glide away
Into the shadowy past.

—The Housekeeper.

Are You Seeking After Christ?

BY THEODORE L. CUYLER, D. D.

If you are seeking after Jesus Christ, my friend, it is a blessed encouragement that he is seeking after you, for his mission of love has ever been "to seek and to save what is lost." You may be discouraged in your search after health, or wealth or some earthly promotion; but if you seek the Divine Saviour in the right way and with the right spirit, you cannot be disappointed. To make your search successful there are two or three things that must not be lost sight of.

1. You may have deep feeling about the salvation of your soul; it may amount to a positive distress. If that feeling is a legitimate contrition for sin, if you feel thoroughly "sick of yourself," then all the better for you. Nobody is likely to go to Jesus Christ until he feels his need of him. But do not be content with mere feeling. Tears never yet have transformed a character or washed out the guilt of sin. Your Bible—which you ought to be studying very carefully just now—does not say weep and be saved. It says "Believe on the Lord Jesus Christ and be saved." Faith is infinitely better than feeling. And faith without works is utterly worthless. In fact, saving faith is vastly more than an opinion about Christ, or a mere sentimental emotion; it is a positive act of the soul. It is the act of joining your weakness to Christ's omnipotence, your guilt to his atoning love, your ignorance to his knowledge, your poor wayward wicked self to himself as your personal Saviour. It is not Christianity as a system of doctrine that you want, it is Christ himself. There is a kind of faith that is only skin-deep. "The devils believe," we are told, "and they tremble;" for there are no agnostics or atheists among them. But they do not love God or obey God. You must obey as well as believe. Jesus Christ's method of calling sinful men to his service was not by asking their assent to certain opinions, it was a call to prompt obedience; and he condensed it in the short, simple invitation "Follow Me!"

2. Then, my friend, whatever deep and earnest feelings you may have will be of no avail unless you crystallize them into actions. You must obey as well as believe. Begin then to practice what Christ bids you through his Word or through the voice of conscience. Try to walk; if not able to walk, then creep; but do not lie still, thinking about becoming a Christian without trying to be a Christian. When a certain man in olden times, who had been a colossal sinner, was awakened, his first question was, "Lord, what wilt thou have me to do?" And he began to do it. Begin to discharge the first duty that comes to your hand, and with a purpose to please and obey Jesus Christ. We will not dictate just what that shall be; but certain questions will indicate what we mean. Are you in debt to any one and subjecting that person to inconvenience and yourself to mortification? Then go and pay the debt forthwith, cost what it may. Let your creditor see that you are beginning to practice that divine precept, "Owe no man anything, but love." Perhaps you have wronged some one, and it is festering into a quarrel. Go and make frank apology and reparation; it will help you pray to Christ whom you have been wronging most sinfully all your life. Cowardice may be one of your besetting sins, and you have been ashamed or afraid to be seen praying. Perhaps you are the head of a family and have never opened your lips to thank God for one of his mercies. Try it, even at the risk of breaking down, or of making the children stare with wonder and making them ask, "Father, why did you not ever do this before?" The first evi-

The worst disease—Dyspepsia
The best Cure—K.D.C.

ence that Saul of Tarsus was a changed man was, "Behold he prayeth!" A very useful Christian in my former church told me that the first thing he did when the Holy Spirit awakened him, was to stop taking in his Sunday morning newspaper. "What makes our George so wonderfully kind and obliging this week?" inquired a certain wife of her husband. "I don't know unless he was converted by that sermon of Dr. C—'s last Sabbath." The husband was right; the youth who had always been rather churlish, had been quietly changed in heart under the influence of a faithful sermon and had begun to behave differently. His actions spoke louder than words. We might multiply illustrations of what we are driving at. You will never be saved by works; but let me tell you most solemnly that you never will be saved without works. Salvation is all free grace on the side of the atoning Saviour; it is all free obedience on our side. The only proof you can give that you are trusting Christ or following Christ is that you are striving to keep Christ's commandments.

3. It may be a snare to you that your experience is different from that of others that you know, or have read of. But there is no regulation pattern by which the Divine Spirit works on human hearts. Spiritual experiences are as various as human countenances. God no more requires you to pass through the same experience as A—, or B—, or C—, than he requires you to look like them or dress like them. His command is to repent of your sins and to cleave to Jesus Christ. Are you honestly striving—with prayer for help—to do that? Then you are beginning to have an experience of your own, and it will be just like no other man's.

Christ parried the Syro-Phœnician woman's prayers for a time in order to test the sincerity of her faith. Do not be content with a shallow conversion; halfway converts make halfway Christians. Dig deep, and lay your foundations well. Grasp the full meaning of God's permission to "come with boldness to the throne of grace;" ask for what you want, and for all you want. Despair never saved a sinner yet. You will lose everything by discouragement and retreat. It was the last league sailed over that brought Columbus to Hispaniola; and it will be the last decisive step of surrendering your whole soul to Jesus that will unlock to you the gates of everlasting life.

4. Our last and most earnest counsel to you is to cherish the Holy Spirit. "Ye must be born again;" and a Christian life is never self-generating. The Holy Spirit alone can change your heart and impart to you the new life you need and are seeking after. His bidding to you is to look to Jesus with the eye of the soul and to lay hold on Jesus with the soul's utmost grasp, and to let Jesus have the full control of your will and your affections. Quench not the Holy Spirit! Follow his leadings. If he leaves you, you are lost. Nothing is more certain than the uncertainty of human life; what thou doest, do quickly.

I entreat you do not covet a cheap religion. What costs nothing is commonly worth nothing. To become a new man and a better man, and a strong man and an heir of glory means more than signing a card, or "rising for prayer," or going into an inquiry meeting. I mean the thorough uprooting of old sins and the implanting in you of a new nature. The whole question of your salvation must be settled between you and your Saviour; the inquiry meeting you need most is an honest hour with the loving Jesus. No book, no sermon, no friend, no pastor, can save you; Jesus can. Whatever he bids you, as he speaks through your conscience, do it! The loving Saviour—who has waited for you too long already—says to you "Follow me;" start at once, and you will find the path of obedience is the one straight road to Heaven.

Brooklyn, N. Y.

Family Worship.

We hear many a wife and mother say: "Yes, I feel that it is the right thing to do, and I long to have it a regularly established custom in my family, but my husband is so hurried he can not stop for it." Now I do not believe that there is one husband and father in our city who, if he really was impressed that it was a matter of vital importance, could not in some way make time for it. But if he is not so impressed what is the mother's duty in the matter?

I well know that as we live our lives to-day there seems little time to spare between the hurried breakfast and the train. I really know of no way but to rise a bit earlier and snatch a moment before the breakfast hour. Will the service not be acceptable even if we kneel girded as were the Israelites the night before their flight?

K. D. C. Cures MIDNIGHT
DYSPEPSIA.

We have but to decide whether or no we believe family prayers to be of sufficient importance to our children and ourselves to make this sacrifice of our comfort and inclination. What shall we gain from it? Surely for ourselves an uplift for the day, the starting of our work upon a little higher plane, an added assurance of help wherever we shall find need and the setting straight of what has already gone away; for our children and the stranger who may be within our gates the proof, if proof be needed, that our religion is first and foremost in our hearts, a thing of which we have no cause to be ashamed, no desire to keep in the background, that we rely upon our God for help in all we are to do and meet throughout the day. If, then, into the little service we put what is best in ourselves, will not the children, even though they receive no immediate benefit, recall the hour and circumstances after they have gone away from us—possibly some word of prayer or verse, and because of it be kept or helped in ways we dream not of?

Many have testified that the influence of their father's or mother's prayers heard at such a time have gone with them all their lives; the memory of some petition has come to them in hours of temptation and has been just the restraining power most needed at the moment. The thought, too, that every day in the home the family prayer is offered for them has often been a comfort and encouragement to them while fighting their battles with the world elsewhere. Of course, there is the danger of its becoming a mere form and so in time growing distasteful and irksome, but that lies in our power, it seems to me, to prevent.

All that has been said of family prayers may be as well said of the custom of saying grace at meals. "Among Telugus no heathen family sits down to a meal until each one has put his offering into his idol's dish, which always has its place by the fire-side. This is done at every meal by old and young." Surely it seems as if we might say at least a word of acknowledgment for God's daily blessings.

With both these customs it is so much easier if we commence them with the starting of the home. I so well remember the first meal in my own home. We had been boarding and the change to a quiet, cozy table laid for two brought such a sense of happiness that I said, involuntarily, "What do you feel like doing?" Without a moment's hesitation came the reply, "Giving thanks," and from that moment was the practice kept up.—*Congregationalist*.

Red Hot Religion.

The prophet Micah, writing of men who are energetic in doing evil, says they do it "with both hands earnestly." Would not this be an admirable motto for such as are striving to oppose evil? Should there not be as much zeal shown in doing good? Alas! many who claim to be on the side of good, work not at all; and many more are working with but one hand. The other hand they keep lazily in their pocket, or apply it to things which pertain not at all to the kingdom of heaven. Some there are who serve with both hands, who pray as well as pay, who are Christians in the counting-room or the mill as well as in the class-room or the meeting; and these, of course, are an immense improvement on the preceding. But how few there are who do it "earnestly," taking off their coat and rolling up their sleeves in God's cause as if they really meant business, as if the Master were indeed at the door, and as if the success of His work depended on their faithfulfulness. These are they after God's own heart, who belong to the "Secret Society of the Holy Ghost," for "the secret of the Lord" is theirs.—*Z. Herald*.

A Striking Illustration.

Off Cape Horn we witnessed a singular sight. For some miles there was a narrow strip of water where the great waves flew in broken spray, and dashed high over the ship. On either side the sea was comparatively calm, whilst this boiled with fury, rolling and surging. Yet there was no rock about which the sea surged, nor was there any such fierce wind as to account for it. Overhead, the air was thick with sea-fowl. Thousands of birds dived into this troubled water. The smaller fish were, I suppose, flung up by the toss, and thus fell a prey to the birds. I asked naturally what was the reason of this strange sight, and found it was the point at which the tide met the strong current of the sea, and here they raged together. Within the tide only ran, and it was calm. Without, the current prevailed, and there, too, was calm. [On this troubled

F. D. C. Relieves Distress
After Eating.

bit they met, and neither prevailed. It is the picture of those who are at once too religious to belong to the world—too worldly to belong to religion; torn by both and satisfied by neither.—*Mark Guy Parse*.

Conversation.

Keep clear of personalities in general conversation. Talk of things, objects, thoughts. The smallest minds occupy themselves with personalities. Personalities must sometimes be talked because we have to learn and find out men's characteristics for legitimate objects; but it is to be with confidential persons. Do not needlessly report ill of others. There are times when we are compelled to say: "I do not think Bouncer is a true and honest man;" but when there is no need to express an opinion, let poor Bouncer swagger away. Others will take his measure, no doubt, and save you the trouble of analyzing him and instructing them; and as far as possible dwell on the good side of human beings. There are family boards where a constant process of depreciating, assigning motives, and cutting up of character goes forward. They are not pleasant places. One who is healthy does not wish to dine at a dissecting table. There is evil enough in man, God knows; but it is not the mission of every young man or woman to detail and report of it. Keep the atmosphere as pure as possible, and fragrant with gentleness and charity.—*The Rev. John Hall, D. D.*

Wanted.

The other day I saw in a newspaper a notice which I think should be read with care and then tucked away in the memory. Here it is:

Wanted.—In one hundred thousand households in America, a willing, sunny daughter who will not fret when asked to wipe the dishes or siph when requested to take care of the baby; a daughter whose chief delight it is to smooth away her mother's wrinkles, and who is quite as willing to lighten her father's cares as his pocket; a girl who thinks her own brother quite as fine a fellow as some other girl's brother. Constant love, high esteem, and a more honoured place in the home guaranteed. Employment assured to all qualified applicants. Address, Mother, Home Office.

Moody's Advice to Young Preachers.

1. Don't talk too long. 2. Don't talk unless you are posted. 3. Give the best you have. 4. Don't talk when people are asleep; wake one man, and you will hold the rest. 5. Don't try to show off your learning. 6. Get hold of the most stupid man, and you will hold the rest. 7. Don't be afraid to make people laugh; milk that slops one way will slop the other. 8. Be natural; don't try to be someone else. 9. Avoid cant and pulpit tones. 10. Don't talk too long, a man in London, who preached until all the people left, said he thought it a pity to hear when there was anybody to stop. 11. Don't hesitate to repeat what God uses. 12. Don't keep on talking just because you are holding the audience. Send them away hungry. 13. While the people are gathering, use the time with song. 14. Shoot where the people stand; as the old Quaker said to burglar, "Friend, I am going to shoot where thee stand, thee had better get out of the way."

Make Talent.

To the young Christian man or woman who laments a talent, we say: "Go to work and make talent." Do not think that this is impracticable advice. It is very practicable indeed. Christ has given us suggestions on this very matter which bear out our statement. In His parable of the talents He speaks of one person who was given two talents, and of another to whom five were given. Did the talents of each remain the same? By no means. The one who had the two talents made two more; and the man who first had five, made five more. But was there not one man to whom only one talent was given? Yes, and he treated it contemptuously. He was ashamed of it. But there was nothing except his wicked pride, to hinder him from making two talents; that is, he could have readily doubled his capacity for accomplishing good had he properly used his original endowment. We must rid ourselves of the despicable notion that God is going to add to our ability while we sit still and complain of our inability to do anything. He gives us a start, and then tells us to make the best use of it.

Random Readings.

Strong reasons make strong actions. Nature is God at work.—*F. W. Robertson*.
The sin of impatience is one of the greatest and commonest.
"Looking back is more than we can sustain without going back."
Continuing in the world is something more than holding fast to the faith; it is going forward in the work.

K. D. C. Restores the Stomach
To Healthy Action.

What it is our duty to do we must do because it is right, not because any one can demand it of us.—*Wheeler*.

It is thy duty oftentimes to do what thou wouldst not do; thy duty, too, to leave undone what thou wouldst do.

The spirit of kindness is nourished and strengthened by its exercise. Benevolence is the best teacher and helper of benevolence.

Every soul should have its own holy of holies. The truths of Christ are worth keeping, and the way to keep them is to ponder them.—*Henry*.

How much of comfort and help there is in a straightforward, manly sermon—a sermon from the word of God to living men! The theme may be familiar, the manner may lack something in grace, but the truth, spoken from a manly heart, gives strength.—*The Watchman*.

Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest.—*Joshua 1: 9*.

A righteous person must not only recognize and incorporate into his code of morals the principles of right, but must conform to them in his practice.—*Freeland*.

Remark that the two most devoted men in the Old Testament—David and Daniel—were men constantly engaged in the business and cares of this world.—*Ford*.

Blessed are they that enter far into inward things, and endeavor to prepare themselves daily more and more for the receiving of heavenly secrets.—*Thomas a Kempis*.

Conscience is the eye of the soul, and how troublesome is the least mote or dust falling in the eye, and how quickly does it water and weep upon the least grievance that affects it.—*South*.

"Oh, that men would praise the Lord for his goodness and for his wonderful works to the children of men. And let them sacrifice the sacrifices of thanksgiving and declare his works with rejoicing."

When you make a mistake, don't look back at it long. Take the reason of the thing in your own mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is your power.—*Aids to Endeavor*.

Upon the whole a contented mind is the greatest blessing a man can enjoy in this world; and if in the present life his happiness arises from the subduing of his desires it will arise in the next from the gratification of them.—*Joseph Addison*.

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