

THE HILLS.

"I will lift up mine eyes unto the hills."

Above the murky plains of life,
Above the moaning and the strife,
I gladly lift my longing eyes
To him who all my need supplies.

Below, our vision is not clear;
Below, our hearts are filled with fear;
But up where God in grandeur dwells
He every lowering cloud dispels.

For there we breathe a purer air;
An ampler ether, sweet and rare,
Surrounds the trusting, sheltered souls
And all the storms his hand controls.

From harm of sun or moon preserved,
And for life's grandest service nerved,
The heart on the eternal hills
Abides secure from earthly ills.

—Henry Alexander Lavelly.

THE LOOK OF OUR LORD.

"The Lord turned and looked upon Peter." It was that look that broke the spell of the tempter and broke the heart of Peter. There is power in the eye of any man of strong character. Without uttering a word or lifting a hand he can issue a command and move a multitude with his eye. "I will guide thee with Mine eye," saith the Lord. Men often guide their followers with the eye.

The look which Jesus cast upon Peter was a penetrating look. It went to the very centre of Peter's heart and explored every avenue of his being. Some men see farther than others. One man will travel through a country and see all that is in it, while others, taking the same journey, will return with a vague notion of the things they have passed in review. Science helps men to see. One who has a trained eye and a trained mind will see more than others. Benjamin Franklin saw more in a flash of lightning than other men. Watt saw more in steam than other men. The geologist sees more in the rocks and the astronomer sees more in the heavens than others. The difference between our age and former ages is a difference of vision. We see into the nature and uses of the elements of the universe while they did not.

A prophet is a seer. He sees farther than others. Jesus was the greatest of all prophets. He looked not only on the outward appearance, but also beneath the surface of nature. He looked into the depths of man's being. When they brought a paralytic into his presence he saw the symptoms of the disease and the causes of the disease, and the history of the man and the heart of the man. When he entered into the temple and looked around he saw all things. No deep-laid schemes of men could deceive him. No hollow masks of hypocrites could mislead him. He knew what was in man.

It was so when he looked upon Peter. Peter felt that his heart was being searched. He did not know before how his sin looked. Like other sinners, he had framed excuses which satisfied himself. He had made his heart dark and the darkness had hidden his wickedness. But when Jesus looked upon him a light above the brightness of the sun flamed into his soul. By the light of that look he saw how hideous was the lie he told, how unmanly the denial, how vile the profanity, how ungrateful the disloyalty of which he was guilty. The eye of the Lord is upon us also. A son may deceive his mother, a husband may deceive

his wife, who is supposed to be nearer to him than anyone else, but no one can deceive our Lord. His eye of fire penetrates the hidden recesses of our hearts. If we will let our eyes meet his we also shall see as Peter saw. The light of his eye will show us our cowardice, our falseness, our disloyalty, our ingratitude, and our sin.

The look of Jesus was an affectionate glance. He did not look on the delinquent disciple with anger because he had wronged him. There was love in his eye, and it was this that gave Peter the sharpest pain. Some men are dreadfully shocked at the doctrine of hell. They say it is absurd to suppose that a God of infinite love will cast the souls of men into a lake of fire. But do they consider that the more tender and kind the heart of a father the more keenly does his glance burn and smart in the soul of his wayward son? It is a great mystery, but a great truth. What would not such a son give to escape the loving glance of such an affectionate father? The deepest, darkest, dreariest dungeon would be a welcome refuge from the glance of that loving eye. What would not Peter have given to hide himself from the loving gaze of his Lord? Had it been a look of anger he might have braved it out. It was love in Jesus' eye that tormented Peter's soul.

Light is pleasant to the eye that is sound, but torture to the diseased eye. Love is sweeter than honey and the honeycomb to a pure heart, but more bitter than gall to an evil heart. The law of harmony is the secret of life. "Blessed are the pure in heart; for they shall see God." They shall look straight up into his face and not be afraid nor ashamed. But the wicked cannot look into his face. They turn away with unspeakable anguish of soul. They love darkness rather than light. It is their element. The Lord looked out of the cloud at the Red Sea, "and troubled the Egyptians." They could not bear the glance of the eye of him whom they had despised and resisted. The Lord looks out of every cloud. He looks out of every cloud of affliction and every storm of sorrow, and his look troubles the wicked, and comforts the righteous. It is not because of anger in his eye that the wicked are troubled, but because of love. Let us see to it that we are in harmony with him. Then all will be well. But there is no peace for those who are out of harmony with God. There is no place in all the universe where they can find rest for one moment. Heaven would be a place of torment to a soul that is out of harmony with God. "The face of the Lord is against them that do evil;" not because he is vindictive and revengeful, but because "God is love."—Chris. Advocate.

ALTAR AND TOIL.

Has the custom of morning or evening prayer in the family gone forever from the homes of our busiest Christian men? Has toil driven out the altar? The experience of pastors in the country and in the suburbs was found not long since to be almost identical; the custom of family devotions has fallen practically into disuse with the majority of Church members. The pressure of toil on the farm and in the store and office has ousted the worship of God in the family. The folly of it all is one pitiful feature of the situation. What are we in this world for? To do work, to win wealth, to distance a competitor? The man who does not stop to give the spirit rest and recovery

dances indeed with death. There are a thousand little springs of refreshment all along the way; it is possible for the militant soul to dip the cupped hand full of water in his haste when, now and then, the call of Gideon is heard.

This is not the natural way, however. Spiritual muscles must be relaxed and the soul must be fed. Men who give up the royal privilege of priesthood at the altar of the home are content with an inferior function and a lesser good. As if a Christian man has discharged his duty to his home when he has become a hurried, successful bread-winner! Every man is the priest of his home. It is the place of supreme power. To surrender it is an indignity. Children who are compelled to regard their tired father chiefly as the source from which comes clothing and spending money, are deprived of the holiest conception of fatherhood. A man's supreme function in his home is in the sphere of religion, priest of the family. When he surrenders that splendid prerogative to his wife, or when, still more stupidly, he advocates its entire neglect, he is foolish and weak. Toil must not become the controlling element in our day. Toil must be subserved to worship, in order that work may be dignified and consecrated. In spite of the early "chores," in spite of the eight-eleven express to the city, in spite of all temptations to surrender, there ought to be a place in every Christian home for the open Bible and the family prayer in the midst of the gathered household.—Zion's Herald.

HAPPY LIVING.

Cultivate faith, obedience, service. The secret of holy and happy living is gathered up in these three words. There is a great many things we cannot understand, but these lie within our reach, and if we hold to them they will bring us through the darkest night, beneath which the soul of man ever wrestled into the perfect day.

1. Faith. If you cannot see God clearly, look toward the spot from whence his voice comes, as a child instinctively turns in the dark toward the place from which its mother's voice issues; and remember that the mountains which soar the highest in the dark will be the first to catch the glint of the morning beam at dawn. Front the east, though you be in the dark. Follow on to know the Lord. Faith is the motion of the soul Godward.

2. Obedience. Every time you obey you pull up the blind and let in more light. Every time you obey you break down the restraining reef and let more of the sea into the bay of your life. Obey the voice of God in the book, the voice of God in your heart, the voice of God as he speaks through circumstances and his servants.

3. Service. Never let a day go by without making the world a brighter, happier place for others, and, as you do so, the life abundant will gush out. A friend once told me that while he stood in the old Forum at Rome, watching the workmen use the pickax, one of them happened to strike away some rubbish and debris which had lain for centuries, and, as he did so, a fountain of water, well known in classic times as the Virgins' Fountain, but which had been imprisoned for centuries, found glad utterance again; the imprisonment was over, the stone was taken away from the sepulcher, and the beautiful fountain gushed into the Italian sunshine. It may be that to-day such an experi-

ence is to be yours, and that some debris which has accumulated upon your heart, choking your life, by the grace of God and by the act of your own choice shall be put away, so that the life which has been checked and restrained may become abundant, and you may know the fulfilment of the Lord's word: "It shall become in them a well of water, springing up into eternal life."—F. B. Meyer.

AN EVERY-DAY SAINT.

Speaking of a good woman who had gone to her reward, a friend said: "She never shirked a disagreeable duty. She always went with the children to the dentist's."

A whole volume of praise was in this last phrase. A woman who, heedless of her own comfort, was ready to go to the dentist, with Robbie and Annie on occasion, deserved to be canonized. She may not have had her name on any roll of honor, in any hall of fame, but she was, nevertheless, an everyday saint, and deserved the love that was her reward in the home that she blessed with her gentle presence. Far too many of us shirk the disagreeable homely tasks of life. She who accepts them deserves to be remembered in life and death, with flowers on her grave not only, but the flowers of loving recognition while she is still on earth.

A HEROIC BISHOP.

In a small hired house in Tokyo lives Bishop Schereschewsky. Nineteen years ago he was rendered helpless by an affliction largely produced by excessive work and resigned his see, but not his toil. With his paralyzed body he could no longer go about the work of evangelization, but he could at least sit in a chair and work for China by translating the entire Bible, so that more of the common people might read its message. This he has been doing for many years, working with such restless energy, in his struggle against pain and helplessness, that he has kept two secretaries busy. He wrote his translation of the entire Bible in Roman characters upon a typewriter, though he could use only one finger of each hand, and needed eight years to complete the task.—Dr. G. P. Eckman.

To Break up a Cold Quickly.

All you require is a little sugar, a glass of hot water, thirty drops of Nerviline. Take it hot. In the morning you will wake up without a cold. Nerviline is good for other things—such as tooth-ache, neuralgia, rheumatism. For pains inside and pains outside Nerviline is simply marvellous. Druggists sell it.

If it be true that knowledge is power, it is doubly true that knowledge of God is spiritual power.—Rev. J. Hudson Taylor.

Signals of Danger.—Have you lost your appetite? Have you a coated tongue? Have you an unpleasant taste in the mouth? Does your head ache and have you dizziness? If so, your stomach is out of order and you need medicine. But you do not like medicine. He that prefers sickness to medicine must suffer, but under the circumstances the wise man would procure a box of Parmelee's Vegetable Pills and speedily get himself in health, and strive to keep so.

The highest truths the world has ever known centre in Christ and the resurrection.