

The Christian Life.

Don't Let the Song go out of Your Life.

Don't let the song go out of your life;
Though it chance sometimes to flow
In a minor strain, it will blend again
With the major tone, you know.
What though shadows rise to obscure
life's skies,
And hide for a time the sun;
They sooner will lift, and reveal the
rift,
If you let the melody run.

Don't let the song go out of your life;
Though your voice may have lost its
trill,
Though the tremulous note should die
in your throat,
Let it sing in your spirit still.
There is never a pain that hides not
some gain,
And never a cup of rue,
So bitter to sup, but what in the cup
Lurks a measure of sweetness, too.

Don't let the song go out of your life;
Ah! it never would need to go,
If, with thought more true and a broad-
er view
We looked at this life below.
Oh! Why should we moan that life's
spring-time has flown,
Or sigh for the fair summer time?
The autumn hath days filled with pre-
sents of praise,
And the winter hath bells that chime.

Don't let the song go out of your life;
Let it ring in the soul while here,
And when you go hence it shall follow
you thence,
And sing on in another sphere.
Then do not despond, and say that the
fond
Sweet songs of your life have flown,
For if ever you knew a song that was
true,
Its music is still your own.
—Kate R. Stiles, in the Transcript.

A CURE FOR SPIRITUAL DEPRESSION.

BY BISHOP JOHN H. VINCENT.

Many Christians suffer from depression, and are unnecessarily full of fear and of doubt. Looking too much at themselves, and thinking too much about themselves, and forgetting to look to Jesus Christ and to remember His words and the words of His Father and their Father, such misadjusted souls lose the strength and comfort that are for them hidden in Christ. Ill-health may induce mental depression, and allowing one's mind to linger too long over blunders and sins and sundry misconceptions of truth will account for a great deal of the spiritual depression one meets in pastoral experience. There lies before me now a manuscript recalling a most mournful case of morbidness, gloom and despair. I cannot perhaps do better than to repeat the substance of my reply to this despondent soul, who had forgotten to "let the dead past bury its dead," and to commit every present burden and responsibility and all future possibilities to His care who careth for us. The response to this letter of sorrow and despair runs in substance as follows:

Do not dwell too much on what you were, or on what you did. What are you now? The question is not, "How do you feel?" Mere feelings are determined very often by present physical conditions or by the immediate environ-

ment and atmosphere. Feelings no more indicate the quality of character and the real tendencies of the soul, than do the ripples on the surface of a stream show which way the current moves. What are you? is the important question. Are you a selfish, proud and self-satisfied soul that has no favor to ask of Christ? Do you really rather dislike Him? If the front gate were to open, and you, glancing through the window, were to see Him coming to your door, possibly to spend an hour with you, would you through loathing or apathy or fear run away to hide yourself, and to avoid an encounter? Or would you hurry to meet Him with brimming eyes and a face full of joy say to Him: "How glad I am to see You!" And I can hear Him reply, "No more glad, my child, than I am to come and to comfort and to strengthen you."

Your letter makes me think of a little flower that is afraid in the early morning that the sun will not shine upon it and send his rays down into the heart of it. "The sun is too great and so far away and I am so little and insignificant," says the flower, "and I can never be of the slightest use to the sun." And you know how the sun sought and penetrated and glorified the little blossom when he came over the hills. Do you not know that no human imagination has yet sounded the depths or measured the resources of God's love for a human soul? Do you not know that Jesus would rather save a human heart from sin, selfishness and peril than to create a world?

When I was a boy I once went "forward to the altar" in a church for five consecutive days, for one or two days three times each day. It may have done me some good, I do not know. To thousands of people such a service has been of untold benefit. Perhaps I thought too much of the altar or of the act of going. Now simply going to the "altar" or to an "inquiry meeting" or to any other place or thing never saved a soul. It is allowing Christ to come to us and to have His way with us that saves us.

And Christ loves to save. Robertson of Brighton, once wrote to his brother: "For many years I have been seeking God. But I have just been awakened to the fact that all these years God has been seeking me." That is a precious hymn that begins "There's a wideness in God's mercy like the wideness of the sea." But God's mercy is wider than the sea. It is the wideness of the universe. And it is Christ who comes to express it. Therefore accept Christ. Read about Him. Think about Him. Rest in Him. Leave everything that concerns yourself with Him. Do not look any longer at yourself. Look at Christ. Let yourself alone. Let your "feelings" and your fears go. Do not trouble yourself about yourself. Spend the rest of your days in submitting to Christ, and you will soon be able to tell people, for their great good, what Christ can do for a soul that rests in Him.

Your letter indicates that you are morbid, or that you have allowed certain doubts about yourself or about the Bible to obscure your vision of Christ. How do you feel toward the timid, trembling, wounded bird that has fallen into your hands? It does me good to think of you as cherishing and soothing the frightened thing! So God feels towards you. Can you imagine a mother going to the bedside of a sick and

discouraged child, reminding it of all its naughtiness a year ago? See how she comforts it, gently stroking its forehead and kissing its cheek and promising all sorts of sweet and encouraging things! So God feels towards you.

Some things in the Bible trouble you. It is a very mysterious book—that Holy Bible of ours! Some things in it are figurative. Some things in it relate to the Jews and other peoples and do not immediately apply to us. Some things in it are often misinterpreted. But let all such matters go and look for Christ in the Bible. Do not bother about "difficulties." There are spots on the sun. And there are scars on the face of the moon. But how good and glorious the sun is for light and heat and power! And how beautiful the moon is, and how glorious the full moon! Let doubts go! Let the critics go. Find Christ—and you have everything! And better than all, be ready and eager to have Him find you!

WALK IN WISDOM.

To what extent a Christian should associate with those who are without is an important question. To withdraw altogether from those who are not Christians is not the best way. By so doing one will miss many opportunities to do good, and create an unfavorable opinion concerning the religion of Christ. To associate with such persons chiefly or very considerably may be harmful in another direction. Each one must decide for himself. But we are not without important help. Jesus is our example. He went into the house of a Pharisee to eat and accepted the hospitality of a publican. He attended wedding feasts and mingled freely with those who were of the earth earthy. But in doing so He never gave the impression that He was worldly minded. Perhaps the chief thing to be considered is our deportment while we are in the company of those who do not believe. If our conversation is exclusively worldly and trifling we may be sure we are wrong. If we cannot carry our religion with us we are out of place. If we cannot manifest our religion among unbelievers in such a way as to commend it we would be better off in some other company.

ILLUMINATION FOR ALL.

The mission of the Spirit is to all men. The prophet says, "It shall come to pass, saith the Lord, that I will pour out My Spirit upon all flesh." And Jesus said concerning the Holy Spirit, "He shall convince the world of sin." The personal ministry of Jesus was limited to a small territory and a few persons. But the Holy Spirit is everywhere touching all hearts and arousing all consciences. This light shines amid the darkness of pagan superstition. The fact that certain great men among the heathen have arrived at a high degree of knowledge of moral and spiritual truth has seemed surprising to some. But it should not appear strange when we remember that the Spirit of the living God is pouring His light into every mind that is open to receive it. Many who have never heard of the Bible and who are ignorant of the existence of the Holy Spirit are illuminated by His rays. As in nature seeds planted in the ground grow more luxuriantly in some soils than in others, so the fruits of the Spirit are brought forth more abundantly where the Gospel is preached than where it is not known. The Spirit of God accompanies the preaching of the

Gospel, and makes the truth effectual in the conversion and salvation of sinners.

LIFE'S BEST DAYS.

The late Dr. Richard S. Storrs leaves us this cheering word of testimony: "I had as happy a childhood as falls to the lot of most children, and many a time it has been said to me by those who were visiting at my father's house, 'This is the happiest time in life for you.' I did not believe it then. I did not believe it as I grew older; and I know now that it was not true. The happiest time in your life is to come hereafter. If you try to do that which is right and useful to others, that which is honorable to yourself and that which is for the glory and praise of God, every year of your life will be happier than that which went before it. So do not feel that you are entering an oppressive, grinding, hateful world. Life on earth grows better and sweeter as one goes on in it, and what you are to do is to try to make a success of that life—each one of you."

Drugging Won't Cure Catarrh.

All the medicine in the world taken into the stomach won't cure catarrh, and it's useless to squander money on tablets, bitters and liquid remedies. Catarrh is a disease of the nasal passages, throat and bronchial tubes. Stomach medicines can't reach these parts. It's only fragrant healing Catarrhzone which is breathed all through the air passages that is sure to reach the seat of Catarrh. No failure ever known if Catarrhzone was used. It heals and doesn't irritate; it soothes, kills the germs and therefore cures. Use only Catarrhzone the one certain cure. Two months' treatment \$1.00; trial size 25c.

The main token of a strong character is not to make known every change in thought and feeling, but to give the world the finished results.—Auerbach.

"Up and be doing," is the word that comes from God for each of us. Leave some "good work" behind you that shall not be wholly lost when you have passed away. Do something worth living for, worth dying for.—Arthur P. Stanley.

They Never Knew Failure.—Careful observation of the effects of Parmelee's Vegetable Pills has shown that they act immediately on the diseased organs of the system and stimulate them to healthy action. There may be cases in which the disease has been long seated and does not easily yield to medicine, but even in such cases these Pills have been known to bring relief when all other so-called remedies have failed. These assertions can be substantiated by many who have used the Pills, and medical men speak highly of their qualities.

God reads our character in our prayers. What we love best, what we covet most, that gives the key to our hearts.—T. L. Cuyler.

That horrid stuff; no wonder people say that about Cod Liver Oil, for it is; but it is real food when properly prepared as it is in "The D & L" Emulsion, and nothing will add solid flesh as fast as it will.

So long as we love we serve; so long as we are loved by others I would almost say that we are indispensable; and no man is useless while he has a friend.—Robert Louis Stevenson.

A skin that burns with eczema, and is covered with eruptions that discharge a thin fluid, may be made smooth and slightly with Weaver's Cerate. But this external remedy should be used in conjunction with Weaver's Syrup.