

The King's Highway.

An Advocate of Scriptural Holiness.

And an Highway shall be there, and a way, and it shall be called The Way of Holiness—Isa. 35-8.

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**Trust in the Lord; Delight Thyself also in the Lord;
Commit Thy Way unto the Lord;
Rest in the Lord and Wait Patiently for Him.**

FRET NOT THYSELF.

The little word of four letters with which this wonderful psalm begins, stands for an inherited disposition which is universally known to all peoples, and doubtless all agree that it is one of the worst destroyers of the peace of the human race, that was launched in this world by the devil in the fall of man.

A fretful disposition is a great calamity to the person afflicted with it, and was no doubt among the incurable troubles which our Lord healed when upon earth. Because of the universality of this sin which is not reached nor cured by pardon for its frequent outbreakings, Christian people have come to look upon it with pity for those in which it has developed into the controlling power in their lives, and come to the conclusion to do everything possible to avoid stirring up this disturbing element which is always breaking out at any moment to the discomfiture of all who are near by. But the worst of all is that by nature all people have the germs of fret in them. It

is a disease of the spirit, and must have a spiritual remedy.

Fret not thyself—This exhortation is direct to the individual, and is repeated three times, viz.: **"Fret not thyself because of evil doers."** **"Fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass,"** and **"Fret not thyself in any wise to do evil."**

Just for convenience suppose we personify "Fret" and its characteristics and its boon companions, and see how like hell such surroundings are, an unquenchable fire: Fret, ill humor, fretful temper, brooding, abrading, wearing, worrying, agitation, tossing, complaining, cross, fractious, impatient, irritable, peevish, pettish, petulant, snappish, snarling, testy, touchy, vexed, waspish, worried, warring.

This catalogue don't make an attractive picture, but we must acknowledge that we find all these unpleasant, ugly characteristics in human nature and perhaps we won't want to scrutinize the catalogue too closely, lest we find some of our life long com-

panions in the group. We confess with tears, and say God knows we have tried to control these things. We have honestly tried to smother these fires, but they have broken out and humiliated us in our homes, in business circles, on the railroads and steamers, while travelling, in the church—everywhere they have broken up homes, destroyed churches, embroiled communities, and made life itself unbearable. Let us take Jesus Christ into our life, let him calm the storm, quench the fire, and cast out this "legion," and cleanse the temple, and let us have our place taken by the opposite of these things—Forbearance, gentleness, kind, lovely, loving, meek, mild, patient, sweet and uncomplaining. Oh, we cry, is this heaven? Yes, and we sing:

"Since Christ my soul from sin set free,
This world has been a heaven to me;
And mid earth's sorrows and its woe,
'Tis heaven my Jesus here to know."

THE CHANGED RELATIONSHIP.

Then the regenerated and wholly sanctified man can live the grand practical life of this wonderful relationship with God, although his outward earthly surroundings may not be materially changed, and the Psalmist's message comes to his heart with great sweetness and gives him courage, especially under the present condition of the world.

Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord; and he shall give thee desires of thine heart.

Commit (roll thy way upon the Lord) thy way unto the Lord; trust also in him; and he shall bring it to pass.

Rest in the Lord (Be silent to the Lord) and wait patiently for him.—Psa. 37:3, 4, 5, 7.

The gospel Jesus Christ has brought to us will change the inward condition, and will invariably make the outward Christian life easy.

Behold, thou desirest truth in the inward parts; and in the hidden part thou shalt make me to know wisdom. Purge me with hyssop, and I shall be clean: Wash me and I shall be whiter than snow.—Psalm 51: 6-7.



THE OROMOCTO RIVER

The Oromocto is a beautiful little river which flows into the St. John River a short distance from where this view shows. The St. John Valley Railway crosses it about a mile above. It is 12 miles below the City of Fredericton, and 72 miles above Beulah Camp Ground.