

WHY MR. DEPEW STOPPED SMOKING.

R. Chauncey Depew, the well-known orator and railroad president, relates the following experience of his victory over the cigar:

"I used to smoke twenty cigars a day, and continued it until I became worn out. I didn't know what was the matter with me, and physicians that I applied to did not mention tobacco. I used to go to bed at two o'clock in the morning and wake at five or six. I had no appetite and was a dyspeptic.

"I was in the habit of smoking at my desk, and thought that I derived material assistance in my work from it.

"After a time I found that I couldn't do any work without tobacco. I could prepare a brief or argument without that something was amiss, and the result bacco, but still I was harassed by feeling was not up to the mark.

"I also found that I was incapable of doing any great amount of work. My power of concentration was greatly weakened and I could not think well without a lighted cigar to my mouth.

"Now it is perfectly clear that without this power of concentration a man is incapable of doing many things. It is this which enables him to attend to various and multifarious affairs; to drop one absolutely and take up another and give it full attention.

"One day I was puffing a cigar with a feeling of pleasure which is only possible to the devotee. I smoked only a few minutes and then took it out of my mouth and looked at it. I said to it:

"My friend and bosom companion, you have always been dearer to me far than gold. To you I have ever been devoted, yet you are the cause of all my ills. You have played me false. The time has come that we must part."

"I gazed sadly and longingly at the cigar, then threw it into the street. I had been convinced that tobacco was ruining me.

"For three months thereafter I underwent the most awful agony. I never expect to suffer more in this world or the next. I didn't go to any physician or endeavour in any way to palliate my sufferings; possibly a physician might have given me something to soften the tortures. Neither did I break my vow. I had made up my mind that I must forever abandon tobacco or I should be ruined by it.

"At the end of three months my longing for it abated. I gained twenty-five pounds in weight. I slept well for seven or eight hours every night.

"I have never smoked from that day to this; and while no one knows better than I the pleasures to be derived from tobacco, I am still well content to forget them, knowing their effect."—Ex.

You are a block of rough marble. You may some time come to be a statue of splendid proportions, but must be chiselled and hammered before that consummation can be reached. Grief, struggle, disappointment, the whole range of sad experiences which fill life so full, are the tools with which the great Artist will change you from a mere block to a thing of beauty.—G. H. Hepworth, D.D.

A SUCCESSFUL CONVENTION.

The Convention that was being held in the Reformed Baptist Church of this town during the last week, closing Sunday evening, was a very successful one. The attendance was good and Sabbath evening the auditorium was crowded with eager listeners and overflowed into the vestibule. Between six and seven hundred were present.

Rev. Hr. Huff gave a masterly sermon from the words, "His name shall be called Jesus for He shall save His people from their sins."

The singing of Professor Wells and wife was most excellent and delightful. The address of Rev. Mr. Ruth in the afternoon was most convincing, as it was Bible truth on the subject of sanctification.

All the services of the week were very helpful and a good number knelt at the altars and received spiritual help.

The churches from out of town were represented from Fort Fairfield, Me., to St. John. There were eleven Reformed Baptist Churches represented besides the churches of other denominations both out of the town and in the town.

Many were sorry that the Convention could not be continued for several weeks.—Woodstock Press.

HOW TO MASTER THE BIBLE.

For the first half of my ministry, I did not know my English Bible as I should, the effect of which was seen both in my own spiritual life and the character of my preaching.

My heart was greatly burdened about it for more than a year, when God answered me through the lips of a Christian layman, whom I met. His peace and joy I so much coveted as to ask him how he had obtained the blessing. He told me that it came to him through reading the epistle to the Ephesians. He said:—

"I was going to spend the Sabbath with my family in the country, and I carried with me a pocket copy of the epistle.

"In the afternoon I lay down under a tree and read it through at a single reading.

"My interest being awakened, I read it through again in the same way, and again and again, as many as twelve or fifteen times; and when I arose to go into the house I was not only in possession of Ephesians, but Ephesians was in possession of me."

I at once began the application of this simple principle to the whole Bible practically, beginning at Genesis. I did not read the Bible in course merely, but kept at each book in its chronological order until it was thus mastered before I began work in the next. I cannot tell the effect on me—strengthening vision, deepening my spiritual life, and lightening the burdens of my ministry.

There were some young theological students under my care at this time, upon whom I began experimenting in this method of Bible study with similar blessed results.

Then I was led of God to introduce it in several Bible institutes and training schools, including the theological semin-

ary of my own Church.

Finally, the popular evening Bible classes came into being, both east and west, numbering in several cases as many as a thousand members each.

The method has come to be known as the synthetic study of the Bible, which means the study of the Bible as a whole, and each book of the Bible as a whole, and as seen in its relation to the other books.

Begin to study the Bible where God began to write it, at Genesis.

First, read the book.

Second, read it continuously, i. e., without observing its divisions into chapters and verses.

Third, read it repeatedly, i. e., until you have the consciousness of its possession in outline.

Fourth, read it independently, i. e., without the aid at first of any commentary or other Bible help.

Fifth, read it prayerfully, in reliance upon the Holy Spirit who wrote it to enlighten its pages to your understanding.

The observance of these simple rules has never failed of the desired blessing.—Ex.

IS IT WELL WITH THE CHILD.

From Billy Sunday's Sermon.

There is many a young man going to hell tonight because he was influenced by the gang he trains with.

There is many a man influenced by the gang he goes with to do things which, after he has done them and when he is alone, he hates and despises himself for.

He condemns himself to think he didn't have manhood and decency enough to say, "No!"

When alone in the quiet of his room, and he can review what he did, he despised himself to think he didn't have grit and manhood enough to refuse the gang.

There are men in heaven tonight because they had manhood enough to choose the right company, and there are men in hell because they were dragged there by the gang they went with.

It is well with the child?

There are boys and girls, young people, if they ever reach heaven, will be because of the influence of some stranger.

It will be because of what somebody, not related to them by ties of flesh and blood, has done for your children. God pity a boy or girl who has to call a man like that "father," and a woman like that "mother."

Church membership is held as a matter of very little importance by many in these days. Our spiritual birth place should be the most sacred place on earth.

Rev. Dr. John Wilkie is firmly of opinion that the agitation for Home Rule in India is chiefly, not for rule by the people of India, but by the Brahmins, and would mean replacing the freedom and justice of British rule by the tyranny of native autocratic sway.

Do not wait for a special day in which to be thankful. He who waits for Thanksgiving Day to be thankful in will not be thankful when it comes.