

## FOOD AND HABITS.

The habits of an animal may be known by ascertaining what it feeds on. So the moral habits of a man may be known by the mental and spiritual food he consumes. A rural mail carrier was surprised when he noticed that a church paper began to make visits to the home of a certain disreputable character who lived on his route. So greatly was his curiosity aroused that he spoke of the matter to a neighbor of this man of shady reputation. The mystery was cleared up when he was told that the man had been converted in a revival meeting, and had entered upon an earnest Christian life. No further explanation was needed. The new life called for different food, and the genuineness of the man's conversation was well demonstrated in his becoming a reader of a religious paper.

What we take into our minds and hearts determines and reveals what we are. We cannot live the life of a dove, spiritually speaking, while feeding on the food of the eagle. No one can maintain a life of purity and holiness so long as he crams his mind with the trashy, debasing stuff that appeals to the vulgar and frivolous, or with mental nourishment that delights the palate of the unbeliever. The man of strong political bias touches very lightly the literature of the rival political party. It would seem still more incongruous to see the writings of "Bob" Ingersoll occupying the chief place on the library table of a devout Christian. And yet we often are surprised to note the sort of reading matter that is found in the homes of some church folks. Here is to be found the secret of the spiritual barrenness of the lives of many whose names are on our church records. A healthy, robust spiritual life requires wholesome spiritual nourishment.

The Christian needs to exercise great care in regard to his reading matter, and in regard to that which he welcomes into his home. Next to the Book of books, he should have a place for his church paper, and see that the family is provided with only that which is pure and uplifting. There is enough of that character available to make it necessary to tolerate any other kind. Parents can no more afford to expose the minds of their children to pernicious literature than to unwholesome or poisonous food for their bodies.—Religious Telescope.

## THE POSSIBILITY OF PURITY.

Not long since in the home of a friend we were handed the Bible and asked to conduct family worship. Without premeditation we turned to a favorite passage, the third chapter of First John, from which again we drew deeply of the water of life. Among the other precious truths that brought encouragement to our hearts were those contained in the second and third verses: "Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like him; for we shall see Him as he is. And every man that hath this hope in him purifieth himself, even as He is pure."

That is indeed the Christian's glorious hope—the Lords' return to His waiting and trusting saints, even as He has said: our complete likeness to Him both in spirit and in body through the redemption that is in Him; the ability to see and know Him even as now we are known of Him. And this is conditioned upon purity of a nature that none can attain unto except through the merits of the blood of Christ: "And every man that hath this hope in him purifieth himself, even as He is pure."

We are led to wonder how some of our friends who believe in a literal interpretation of the Word of God can reconcile this statement with their contention for the impossibility of purity in this life. Such purity, according to the literal interpretation, must be actual and not relative or imputed or positional. "Purifieth himself, even as He is pure." Let us rejoice in the provisions that have been made for purifying the heart and life from sin, and also for its realization and consummation as a means of preparation and readiness to meet the Lord when he shall come.—Wesleyan Methodist.

## LET US PRAY.

Prayer is an asset. It yields large dividends. It is wider in its scope than wireless telegraphy for it not only reaches to earth's remotest bounds but penetrates heaven itself. One hundred and twenty men and women prayed to Pentecost then shook the world. They were not under the spell of a movie star. They had not received their message under the footlights of Rome but in the presence chamber of God. Some of their type went to the Roman amphitheatre not to be amused or to swell the number of a sport mad mob, but to crown with a triumphant death a life of devotion to Christ. A spirit of the martyrs possess us fully and enable us to meet life's issues as they met persecution and death.

Prayer with the abandonment of all that hinders it and the reception of all that inspires it is the supreme need of the hour. Jesus, the prince of intercessors, was baptized with the Holy Ghost and spent forty prayerful days in the wilderness before beginning his ministry. The night preceding his crucifixion was spent in prayer. The fervency of that prayer born hour did not die with the dawn. It still lingers with us.

O Church of God press close to His heart and learn more fully the secret of prayer and the art of soul winning. All his love, pity, compassionate entreaty, and undying justice may be thine as required. Pentecost universally received by the church, preached, lived and sanely held would be a successful counter attraction against all that is luring the world to win. Our God can enable us to meet the present crisis not only as a challenge, but as an opportunity. The weakest may become mighty in intercession. They that wait upon the Lord shall renew their strength. O God, let thy voice be heard above the storm of human passion. Defeat the devil who is the arch enemy of all righteousness. Bring in the long prayed for day in Jesus' name. Amen.

B. T. G.

## THE CRITIC OF THE CHURCHES.

Dr. J. H. Jowett gives this picture of the critics:

"Our times are in some respects very similar to those of the early nineteenth century. There is widespread discontent with the churches, and many remedies are suggested for their imagined shortcomings. Some would permit smoking in the back pews. Shorten the sermons, abolish the sermon, keep the whole service within an hour, or, better, half an hour, employ the cinematograph, get chairs instead of pews, use more ritual, use less ritual—these are the voices of a crowd of counsellors. They are concerned with the fire-grate when what we need is fire, with cake plates when we want bread, with electrical fittings when we need the power. The cardinal necessity of the church today is to recover the fullness of her holy Gospel and to exult in the incomprehensible glory of her spiritual status in the nation."

## A NEW DISEASE SPREADING.

A minister not a thousand miles from Andrews, who is too modest to allow his name to be used, has discovered a new disease. In describing it he says the patient shows no symptoms on Saturday night, awakes Sunday feeling fine and eats a hearty breakfast. About church time the attack comes on and keeps him or her at home. About noon the patient feels easy and hungry, and eats a good dinner. In the afternoon he is able to walk out. He comes back and eats a hearty supper, but just about church time there is another attack. He retires early, sleeps well and on Monday morning is able to get up and go to work. The disease never makes its appearance except on Sunday, and never interferes with sleep or appetite. The pastor says there is no cure for it but faith, and that it is a disease which is yearly carrying thousands to the devil. He suggests that a very appropriate name for it would be "Sunday sickness."—Tri-Country News.

## A DAY OF LIMPNESS.

We may live to see men calling themselves Christians and differing in no single item from Mohammedans, in fact, even now there are religionists among us who are not so near the truth as the followers of the false prophet. Oak has given place to willow; everybody has grown limp, but of the generality of limpness has come an admiration of it. A man cannot speak a plain word without being accused of bitterness, and if he denounces error he is narrow minded; for all must join the universal admiration society, or be placed under ban and be howled down.—Spurgeon.

"Experiments have shown that even a pint of beer will lower intellectual power, impair memory and retard simple mental processes, such as addition."

The greatest power a man can have, is the power which makes him invincible against sin, and enables him to obtain, and retain continued communion with God.