DON'T CAATCH IT!

A minister not a tlthousand miles away, who is too modest too allow his name to be used, has discovered a new disease. In describing it he saays the patient shows no symptoms on Satturday night, awakes Sunday feeling fine, and eats a hearty breakfast. About chuurch time the attack comes on and keeps him or her at home. About noon the pattient feels easy and hungry and eats a grood dinner. In the afternoon he is able to walk out. He comes back and eats; a hearty supper, but just about church ttime there is another attack. He retires early, sleeps well and on Monday morning is able to get up and go to work. The dissease 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 thatt it is a disease which is yearly carrying thousands to the Devil. He suggests that a wery appropriate name for it would be "Suinday sickness."-Tri-County News.

TRAVELLING WITH GOD.

My plans were made, I thought my path all bright and clear,

My heart with songs o'erflowed, the world seemed full of cheer,

My Lord I wished to serve, to take Him for my Guide,

To keep so close that I could feel Him by my side;

And so I travellled on.

But suddenly, in skiies so clear and full of light,

The clouds came thick and fast, the day derstanding of the blessing promised, the seemed charnged to-night,

Instead of paths so clear and full of things so sweet,

Rough things, and thorns, and stones seemed all about my feet,

I scarce could travel on.

I bowed my head and wondered why this change should come,

And murmured, "Lord, is this because of aught I've done?

Has not the past been full enough of pain and care?

Why should my path again be changed to dark from fair?"

But still I travelled on.

I listened—quiet and still, there came a voice:

"This path is Mine, not thine; I made the lest it get the upper hand of you. choice.

thee and me

If thou wilt simply trust and leave the end with me."

Adn so we travelled on.

—J. McMillan.

What did Jesus Christ come into this world for, if he did not come to save us from sin, and cannot save us from sin? If Jesus cannot save from all sin and keep from sin those whom he saves, can he be the Saviour promised? For the angel said to Joseph that Mary should bring forth a son and he should call his name "Jesus: for he shall save his people from their sins."

HOW TO OBTAIN HOLINESS.

The doctrine of Holiness is just as clear and just as real as the doctrine of justification, and the experience of holiness is no less real than the doctrine of holiness. Brother J. A. Wood points out three items that are distinct in every clear case of entire sanctification. These three things

"There is a consciousness of inbred sin and moral deficiency after conversion, and the more devoted and faithful the justified soul, the clearer and stronger this conviction.

2. "There is conviction, in the light of the gospel provisions, of the duty and privilege of being 'cleansed from all sin,' and made 'pure in heart.'

3. "It is prayerfully sought and experienced as an instantaneous cleansing by faith in the blood of Christ."

Many are troubled to know what to do first in seeking the experience of holiness. The seeker would do well to get a correct and distinct view of the promised blessing and endeavor to realize the need of it. In order to do this, he must know what it is. One good definition we feel like giving is, "It is that act of God's grace whereby the heart is made pure, and the affections and desires are alienated from the world and exalted to a supreme love to God and man." Wood in his book on Perfect Love defines it thus: "The extermination of indwelling sin-carnal nature from the soul. It is the destruction or removal of inbred sin, as to make the heart—the fountain of thought, affection, desire and impulse—pure."

When you have come to a proper unnext thing to do is to come to a firm and decided resolution to seek until a pure heart is obtained. This resolution must be so strong that it will not cower when the knife of God's truth makes the incision into the heart to amputate its idols. Your purpose must be settled, decided, uncompromising, and unconquerable. "The day of the Lord is near in the valley of deci-

Next humble yourself under the mighty hand of God. "Spiritual poverty is the prelude to spiritual enlargement." "Blessed are the poor in spirit." Do not seek an easy way-die to sin-the way of the cross is the way of suffering. Think about your need of heart purity and of your depraved nature that is causing you so much chagrin and you have to constantly watch

Think of these things until you deeply Dear child, this service will be best for feel your need. The intensity of the feeling you should have is represented in the Scriptures by the sensation of thirst and hunger. "The necessary feelings of penitence, self-abasement, and of strong desires for holiness, may be secured by prayer, searching the Scriptures, meditation, and self examination."

Then, when you have come to feel as described above, you are ready to make an entire consecration of yourself to Godyour spirit, soul, body, time, talent, influence, and your all—a complete assignment of all to Christ. You must be sure to get everything upon the altar—your hopes and desires and ambitions and plans and your own will, indeed, everything

that pertains unto you in any way whatsoever. You can not obtain the experience of holiness without entire consecration.

Now, when you have followed these steps and met the conditions as above pointed out, you are ready to exercise faith in God for the blessing. We are sanctified by faith just as we are converted by faith. And it is usually easy for one to exercise faith for purity when they have thus met the conditions. Believe what? Believe that God has promised it in

1. Believe what God has promised He is able to perform.

2. Believe that He is able and willing to do it now.

3. Believe that He doeth it.

The moment we do believe we are sanctified.

Some may say I do not seem to feel my need of it as I should. You should think and meditate upon such passages of Scrip ture as the following: "Blessed are the pure in heart for they shall see God." "Follow peace with all men, and holiness, without which no man shall see the Lord." "God hath not called us unto uncleanliness, but unto holiness." "Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power." "The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." God never intended for us to let the carnal mind remain in us, but made provisions for its eradication. Thank God, we know He is able to "cleanse from all sin."— R. L. K. in Holiness Banner.

It is the way people act when the test comes which shows whether their religion is genuine or not.

YOU WILL NEVER BE SORRY.

For telling the truth.

For living a pure life.

For your faith in Christ.

For confessing your sins.

For doing your very best. For thinking before acting.

For hearing before judging.

For forgiving your enemies.

For helping a fallen brother.

For being honest in business. For thinking before speaking.

For being loyal to your church.

For stopping your ears to gossip.

For bridling a slanderous tongue.

For harboring only pure thoughts.

For being courteous and kind to all.

For money given to the Lord's cause.

For faithfulness in keeping your prom-

For asking pardon when you have done wrong.—Anonymous.

AT THE END OF LIFE.

We shall not be asked how much pleasure we had in it, but how much service we gave in it.

Not how happy we were, but how helpful we were.

Not how ambition was gratified, but how love was served.

Not how full it was of success.

Life is judged by love, and love is known by her fruits.