

seen the Father," said Christ. "He that sees Me, sees the Christ," is the ideal of the Christian.

"'Tis not what a man does that exalts him, but what a man would do," writes Browning. If we enter into Christ's conception of our life as His disciples, if we patiently and persistently and prayerfully struggle onward and upward to its fulfilment, if our present dissatisfaction only acts as a stronger stimulus to "press toward the mark," then, however many our failures and falls, yet the very struggle, with the nobility of its animating ideal, will leave rich deposits in our character.

Keewatin, Ont.

The Impress of Prayer

By *Rev. J. S. Sutherland, B.A.*

Like everything of real worth, prayer leaves its impress upon that with which it is closely associated. It influences character. It gives a distinctive tone to work.

Look at the face of Hosea in Sargent's frieze of the prophets, or at the countenance of many an one to whom religion has become the great reality of life. What is the meaning of that spiritual beauty that haunts you? Is it not the grace that art and nature both bestow upon those whose eyes are homes of silent prayer?

The face of Moses shone when he came down from the top of Sinai. As our Saviour prayed, the fashion of his countenance was altered, and He was transfigured before the disciples. Francis of Assisi is said to have borne in hands, feet, and side, the print of the nails and spear that wounded our Lord. The human body is in fact often profoundly influenced by religious emotion. But if so, must not the effect of prayer upon character be much more powerful? A moment's exposure prints a landscape upon the photographic plate. How much greater must be the spiritual effect of life in an atmosphere which prayer has filled with the sunlight of divine holiness and love. "Behold he prayeth"; for Saul, and many another, that fact has meant a new nature and a new life.

On work, as well as character, prayer leaves its mark. Work is the outcome of life, the expression of personality. Everything that influences the man must affect what he does.

What enters the fountain will be found in the stream that flows from it. Since prayer influences character, it must leave an indelible impress upon work.

This impress is often sadly lacking where we might expect to find it. Too much of our Christian work to-day is the result of habit, rather than of inspiration. It seems to be made to order. It lacks the intangible something that would give it spiritual distinction. Such distinction is never found apart from prayer. Fra Angelico's angels are the work of one who hallowed his art by daily fellowship with God. It has been well said that Moule's commentary on Romans reads as if its author had written it upon his knees; and this is the secret of its inspirational value. Not long ago one of our congregations secured a minister whose work impressed the people with the fact that he believed in the power of prayer. Within a year there was a quiet, thorough-going revival of religion in that congregation; and fifty per cent. of the new communicants were men.

Let us learn the lesson of the Transfiguration. Down in the valley, the disciples try in vain to cast out the evil spirit from the demoniac boy; life seemed sordid, their faith is put to shame. But on the mountain, Peter, James and John, are receiving ineffaceable impressions of their Master's glory; and from it Jesus descends to cast out by a word the demon that will yield to nothing but prayer. To that mount of communion with God we, too, must find the way. From it we may hope to return with a new power in our message and fresh hope and inspiration for the work of life.

Halifax, N.S.

Eagles' Wings

By *Rev. J. M. Duncan, B.D.*

At a very early date the eagle was chosen as a symbol of the Fourth Gospel, because, as Augustine says, "St. John soars, like the eagle, above the clouds of human infirmity, and contemplates the light of never waning truth with the keen and steadfast eye of faith."

In the flight of the eagle, so strong and steady and fearless, we may see, also, a fit emblem of prayer. On its wings we rise