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## True Prayer.

By Rev. Cornelius Woelfkin, D. D.

Fervent and effectual prayer is an exercise of the soul freighted with wondrous power—as a duty it is most constantly urged upon us in the entire Scriptures. Its nature, necessity, purpose, and needs are most explicitly taught. The commandment is emphatic: "Watch and pray."

The manner is likewise indicated, "When thou prayest enter into thy closet and shut the door." The promises are unequivocal. "Thy Father who seest in secret shall reward thee." " whatsoever ye shall ask in My name, that will I do."

A well-known writer has given one of the principal conditions for effectual prayer by quoting John 15: 7, "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you." He says that prayer is both one of the means and one of the fruits of union to Christ. As a means it is of unspeakable importance, and it is because we abide in Him that we can ask what we will and it is given to us.

There are many reasons why this must be so. (1) Abiding in Christ and having his words abiding in us, teaches us to pray in accordance with the will of God. (2) Abiding in Christ we can fully avail ourselves of the name of Christ. (3) Abiding in Christ also works in us the faith that alone can obtain an answer. (4) Abiding in Christ keeps us in the place where the answer can be bestowed.

The increase of grace and knowledge, and holiness in believers, their growing devotion to God's work and their power for that work, the effectual working of God's power on the unconverted through the means of Christ. But it cannot come except as it is looked for and desired, asked and accepted, believed and hoped for. And this is now the wonderful office performed by the Holy Ghost, for to Him has been assigned the task of preparing the body of Christ to reach and receive and hold fast what has been provided in the fullness of Christ the Head.

For the communication of the Father's love and blessing the Son and the Spirit must both work. The Son receives from the Father, reveals and brings nigh, as it were, blessings from above, while the Spirit beckons the soul to come and meet its Lord. As indispensable as the unceasing intercession of Christ, asking and receiving from the Father above, is the unceasing intercession of the Spirit, asking and accepting from the Son what the Father gives.

We need to be more and more alone with God. "As much with Him as with the world," is the way the men of other days put it. Surely such communion was never more needed. We must learn to wait on the Lord.

Take time to be holy,  
Speak oft with thy Lord."

God has a plan for every life and for every week. We would save ourselves from many mistakes, and often have much less work to undo, did we but learn to wait upon Him and say, "Speak, Lord, for Thy servant heareth." We shall have the sense of God's presence in proportion as we shut the world out, and unless we have some place where we may frequently meet Him, we are deprived of blessing which comes in no other way.

Two rules certainly need to be observed: (1) Wait on the Lord. Do not hurry, for better a moment of clear vision than an hour of meaningless prayer. (2) Be still. Prayer is not always talking to God. It is very often God talking to us. "When we have the sense of His presence, difficulties will vanish—when He is at our right hand we shall not be moved."

## Facts About Alcohol

Alcohol is a subtle, bewitching enemy of human happiness; an insidious poison, that has produced more misery, disease and death than any other—perhaps I might say than all other poisons put together. It is not properly considered one of the creatures of the beneficent Creator's hand. When "in the beginning" He created the heavens and the earth He did not create alcohol; nor was it evolved from molecules or "star dust" during the six days or epochs of the Adamic formation. It exists as a constituent element in no vegetable or animal organization. It oozes forth from no bud or blossom, fruit or plant, or natural spring or fountain. It is an enemy, an intruder—like sin, miasma, and death,—being the product of rot and decay.

The following facts are affirmed by intelligent physiologists of alcohol viz. : That it is an irritant, that it will blister the skin and inflame the stomach; that it is a narcotic, and as such paralyzes the nerves and benumbs the sensibilities; that it destroys or vitiates the blood. It causes heart disease by changing the heart-tissues into fat. Alcohol produces apoplexy; it does this by weakening the blood-vessels and causing congestion of the brain. It weakens the muscles. Various experiments prove that a man can lift more, endure much more fatigue, and accomplish much more work, without than with alcohol. It wastes the vital forces and causes consumption. It dissipates the vital heat, and travelers in the Arctic regions are obliged to be teetotalers. It causes a paralysis of the brain. A man dead drunk is a person whose brain is temporarily paralyzed. It will destroy every organ of the body; it hardens the liver and renders it useless; it produces the whole troop of nervous diseases; it generates ulcers, cancers, dyspepsia, tumors, and all kinds of derangements in the human organism. Alcohol is found to produce more than two-thirds of the diseases found in the hospitals in our large cities. It generates paupers and tramps spontaneously. It is one of the most active of all causes of crime and insanity. Alcohol shortens life fifty per cent. according to the statistics of life insurance companies. It serves no useful purpose in the human system, and is everywhere an enemy of life and happiness, costing the people more than their bread. It is the devil's masterpiece in delusion and mischief; and, so far as its application to the human stomach is concerned, "it is evil, and only evil, and that continually," whether we call it a dram or a tonic, or a catholicon. Moderate drinking and dosing are both alike tricks of the Old Serpent to lead men and women to the drunkard's grave.

## Leading—Following.

By May Field McKean.

O, glorious, wondrous leading!  
Our own poor plans exceeding,  
As when the women sought their spice to bring  
To a dead Lord—and found a living King!  
Be quick mine eye to see  
Each path He pointeth me!

O, following, safe and grand  
In paths eternal planned!  
There even toilsome climbing bringeth rest—  
And peace and joy by worldlings never guessed.  
Be swift my feet to tread  
The path where God hath led!

New York.

## What is the Bible For?

By Albert C. Applegarth, Ph. D.

The Inspired Word does not profess to be an encyclopedia of art, literature, history, or science. God never gave His revelation to teach these things. It would have been unnecessary. There are hundreds of human productions, fully competent to instruct in these branches. Every book has an object. So has the Scriptures. Its avowed purpose is to furnish mankind a knowledge of those sublime, spiritual verities, which no earthly genius, no matter how transcendent, could ever have discovered or reasoned out. The Bible discloses the way of salvation. It is the heavenly force, which renews fallen humanity. It restores the alienated creature to the Father's house. It endows the children of men with celestial wisdom. It sharpens the moral vision. It gladdens the sensibilities. To the Scriptures we owe our knowledge of God in the moral aspect of His character—His love, energy, forgiveness. In a word, to the Bible we owe our knowledge of salvation, our knowledge of the future.

This is what confers upon the Scriptures its incomparable worth. This is what makes it soar above and beyond all human literature, as the one absolutely unique volume of the world—the Book of Books. No wonder that Milton speaks of the Scripture, "as that golden key, which opens the palaces of eternity." No wonder the Psalmist regards the Bible as earth's greatest treasure—sweeter than honey, more to be desired than fine gold. But if such were his opinions, having only the earlier portions of the Old Testament, should not we who know the Christ and His love, add new strings to our harps, and enrich our melodies with fresh octaves, caught from heaven's choirs.

Huntingdon, Pa.

## Impatient Heart Be Still.

By Rev. B. Franklin Rattray.

Impatient heart, be still, be still,  
And wait thy Heavenly Father's will;  
Compose thyself and be at rest,  
He ever knoweth what is best.

If through deep waters be thy way,  
If clouds shut out the light of day,  
If boisterous winds thy bark assail,  
Fear not, His strength can never fail!

In hottest fires, in fiercest storm—  
List to His voice, behold His form.  
His presence shall thy fears dispel,  
His voice assure thee, "All is well."

Does Satan hurl with hellish might,  
His javelins of fiendish spite?  
God is thy sure defence and shield,  
To Him all powers of darkness yield.

No vessel guided by His hand  
Ere struck on rugged rock or strand;  
Then, O, my soul let trouble cease,  
He'll bring thee to the port of peace.

Then shalt thou see and understand,  
The wisdom of His guiding hand;  
His grace abundantly distilled,  
And all His promises fulfilled.

Then murmur'ing heart, be still, be still,  
And wait thy Heavenly Father's will;  
Compose thyself and be at rest,  
He ever knoweth what is best.