

## A Prayer.

BY REV. GEORGE MATHESON, D. D.

O Thou divine spirit of self-forgetfulness, spirit of Christ, spirit of the cross, it is in Thee alone that I can find freedom. Liberate me from myself, and instead of the iron chain, give me a chain of gold. Help me to take up the burdens of others. Help me to know what it is to have rest in bearing an additional yoke, Thy yoke, the yoke of humanity. Help me to feel what it is to have peace in carrying a new care, Thy care, the care of universal love. Help me to learn what it is to be transfigured in the prayer for others, to have the countenance shining as the light, and the raiment white and glistening. My fetters shall be wings of sympathy whereby I shall pass into the heart of the world, and when I have reached the heart of the world the fetters shall fall; my captivity shall be turned back, when I have prayed for my captive friends.

## Power of the Fifty first Psalm.

It is impossible to comprehend the power of the fifty-first Psalm upon the race. Kings, scholars and cottagers have read it with the same spiritual profit. It was the death-song of the French Protestants in the times that for cruelty have had few equals. It was sung by George Wishart, when taken prisoner before his martyrdom at St. Andrews. Its opening verse was the dying cry of the Scottish martyr, Thomas Forret, whose grave was green a quarter of a century before Scotland became free from ecclesiastical tyranny. Its cry for mercy was repeated by Lady Jane Grey upon the fateful day of her own and her husband's death. Its burning words broke from the lips of John Huss at the place of his execution, near Constance. John Rogers repeated its confessions and triumphant pæans on the way to the fires of Smithfield. The words of the Hebrew psalmist were spoken by Sir Thomas More—"who was famous through Europe for eloquence and wisdom"—as he laid his head upon the block. Its seventeenth verse, written by St. Augustine upon the wall of his sick chamber, did not make the text any the less real to the great German reformer. The seventh verse of this same Psalm was found on a tablet of copper amid the eternal snows on the highest point of the earth's surface, near Cape Beechy: "Wash me and I shall be whiter than snow."—Last Days

## Hints for a Christian Home.

1. We may be quite sure that our will is likely to be crossed during the day, so let us prepare for it.
2. Every person in the house has an evil nature as well as ourselves, and therefore we are not to expect too much.
3. Look upon each member of the family as one for whom Christ died.
4. When inclined to give an angry answer, let us lift up our hearts in prayer.
5. If from sickness, pain, or infirmity we feel irritable, let us keep a very strict watch over ourselves.
6. Observe when others are suffering, and drop a word of kindness.
7. Watch the little opportunities of pleasing, and put little annoyances out of the way.
8. Take a cheerful view of everything, and encourage hope.
9. Speak kindly to dependents and servants, and praise them when you can,

## Our Young People

## Bible Reading;—Topic for October 27.

Scripture Reference: 2 Tim. 3: 1-17.

## "EVERY DAY."

BY AMOS R. WELLS.

When a young man wants to "get up his muscle," he goes to the gymnasium every day. He knows that ten minutes with the dumb-bells, daily, will do far more for his biceps than seven times ten minutes once a week. So it is with the spiritual athlete; he needs daily practice in the gymnasium of the Bible.

You will be amazed, if you try it, to see what you can accomplish in the course of a year with fifteen minutes a day spent on the Bible. You can read the entire Bible straight through, for one thing; try it, and see if you cannot. Or, if you have already done this a number of times, and are ready for more thorough work, you can take some commentary, such as a volume of the Cambridge Bible for Schools, and you can go through some special book, like John, or Romans, or Isaiah, and in the course of the year you will be able thus to master three or four of the books of the Bible. Tasks that would appal you if they must be done in bulk, get themselves done before you know it when taken in daily instalments.

Besides, it is only by daily meditation that the Bible can become a part of your lives. It is like eating. Try to put into one meal the three meals of a day, or go without eating for six days and attempt to make it up on the Sabbath, and you will not be able to digest even a mouthful. In like manner the mind needs its daily small portion of divine food. It will take it, brood over it, find a thousand unexpected uses for it, absorb it unconsciously, and throw it out into all the veins and arteries of your work and play. Daily reading is necessary if you would be Bible scholars, but it is even more necessary if you would be Bible-livers.

## Daily Readings.

- Mon., Oct. 21.—Divine truth.  
Luke 1: 1-4; Acts 18: 24-28
- Tues., Oct. 22.—God's messages.  
John 5: 39; 20: 30, 31; Heb. 1: 1, 2
- Wed., Oct. 23.—The Spirit the teacher.  
John 14: 25-27; 1 Cor. 2: 14-16
- Thurs., Oct. 24.—Our constant need.  
John 16: 7-15
- Fri., Oct. 25.—The key to knowledge.  
Ps. 119: 97-100; Jer. 8: 8, 9; Rom. 3: 1, 2
- Sat., Oct. 26.—Daily food. Acts 17: 1-11
- Sun., Oct. 27.—TOPIC.—Bible-reading: "I will make it the rule of my life to read the Bible every day." 2 Tim. 3: 1-17

## The Home Light.

The light of home's wondrous light,  
So tender is its shining,  
So soft it follows through the night,  
Our weary road outlining,  
Though lonely and for years we roam,  
Far from the ones who love us,  
Yet ever shines the light of home,  
Like God's grace spread above us.

The light of home's wondrous light,  
Through life it follows, seeming,  
Yet when with age the hair is white,  
Clear in the front 't is gleaming.  
It shines from where our loved ones are,  
Oh, this is love's divining!  
And through the gates of heaven ajar  
At last we see it shining!

## Suggestions.

A Bible in the hand is worth a hundred on the shelf, and a Bible in your memory is worth a hundred in your hand. The good old fashion of "learning the Bible by heart" should be revived.—Robert Seawell.

The Scripture is like the rain from heaven, without the continual soaking of which through the soil the rivers, lakes, and reservoirs would soon dry up and every green thing perish from the face of the earth.—James Stalker, D. D.

Get to the root of things. The gold-mines of Scripture are not in the top soil; you must open a shaft; the precious diamonds of experience are not picked up in the roadway; their sacred places are far down. Get down into the vitality, the solidity, veracity, the divinity of the word of God, and seek to possess all the inward work of the blessed Spirit.—C. H. Spurgeon.

Lord, I discover an arrant laziness in my soul. For, when I am to read a chapter in the Bible, before I begin it, I look where it endeth. And if it endeth not on the same side, I cannot keep my hands from turning over the leaf to measure the length thereof on the other side; if it swells to many verses I begin to grudge. Surely my heart is not rightly affected. Were I truly hungry after heavenly food, I would not complain of meat. Scourge, Lord, this laziness out of my soul; make the reading of Thy word not a penance, but a pleasure unto me.—Thomas Fuller.

When, in 1853, a rebellion broke out in the region around Amoy, and all Europeans were in danger of their lives, and when no other European would venture out amongst the rebels, William C. Burns was free to go where he liked. "That's the man of the Book," they would say; "he must not be touched." The Lord was with him, because he so magnified his word, and the freedom he enjoyed was itself a convincing testimony to his character as a disciple. What says the first Psalm of him whose delight and meditation centre upon the law of the Lord? "Whatsoever he doeth shall prosper!"—The Missionary Review.

The lesson of all true living in every sphere is to learn our own limitations. It is the first lesson in art to work within the essential limitations of the particular art. But in dealing with other lives it is perhaps the hardest of all lessons to learn and submit to our limitations. It is the crowning grace of faith, when we are willing to submit and leave those we love in the hands of God, as we leave ourselves.—Hugh Black.

An old Chinese woman had become a Christian and wished to keep the seventh day holy, but could never remember when it came. After much difficulty, she hit upon her own plan. Six chop-sticks were laid on a shelf, and each morning when she arose she took one away. The day when the shelf was bare was Sunday, and work was stopped. On Monday all six sticks went back again, and so the fourth commandment was kept.