

been a powerful aid to the cause. It gives hope where otherwise blank inactivity would reign.

The mission has reduced the estimates of the stations and also the salaries of missionaries both foreign and native, who receive over Rs. 25 per mensem. This may do for one season but to perpetuate it would be a mistaken policy.

It plainly will not do to lower the standard of some of our schools. The loss of prestige, resulting in a loss of fees would more than stamp out any gain that might accrue from such a reduction.

But we cannot linger here. 'God has His world in hand.' He will rule, and out of it all good will come.'

#### AT REST.

Ah, silent wheel, the noisy brook is dry,  
And quiet hours glide by  
In this deep vale; where once the merry stream  
Bragged on through gloom and gleam;  
Only the dove in some leaf-shaded nest  
Murmurs of rest.

Ah, weary voyager, the closing day  
Shines on that tranquil bay,  
Where thy storm-beaten soul has longed to be;  
Wild blast and angry sea  
Touch not this favored shore, by summer blest,  
A home of rest.

Ah, fevered heart, the grass is green and deep  
Where thou art laid asleep  
Kissed by soft winds and washed by gentle showers  
Thou hast thy crown of flowers:  
Poor heart, too long in this mad world oppressed,  
Take now thy rest.

I, too, perplexed with strife of good and ill,  
Long to be safe and still,  
Evil is present with me while I pray  
That good may win the day.  
Great Giver, grant Thy last gift and best,  
Thy gift of rest!

#### THE LAW OF REST.

It is both consoling and instructive to understand and seek to obey the law of rest. The great difficulty with many conscientious souls is that they regard rest as a kind of self-indulgence to be deprecated rather than enjoyed. Many a tired, struggling worker who refuses to yield to the demands of a worn out mind and body might be made willing to give up and rest could he but realize that God's law of rest is just as binding as his law of work, and that it is just as much of a sin to break one as the other. In the world of nature the law of rest is enforced by the great boon and blessing of the night, and darkness. In the mental and spiritual world it can only be enforced by the volition of the individual soul.

But how can one rest whose heart is torn with anxiety, whose way is hedged up, whose days and night are haunted by specters of failure, of lack of employment and possible want for wife and little ones? Only the soul that believes and trusts in God can find an answer to this question. The answer is this: God delivers from such distresses largely through blessing our own efforts to secure relief. He works through human agency. In order that we may make these efforts to the best advantage; in order to have the clear brain and the vigorous grasp of conditions necessary to success we need the refreshed body and mind; we must have rest. God offers this rest through sleep. It is His law that it be taken. The great processes of nature will go on just the same without our care. The earth will hold on its way through the realms of space, the stars will rise and set, the grass will grow—all upheld and sustained in life by the same hand that sustains our life. We have gone to the end of our feeble powers until they are renewed by sleep. Through this refreshment alone can we gain the strength needed for the disentangling of our difficulties and breaking our future way. It is God's law; therefore, sleep.

"Sleep is like death, and after sleep  
The world seems new begun,  
White thoughts stand luminous and firm,  
Like statues in the sun;  
Refreshed from super-sensuous founts,  
The soul to clearer vision mounts."

These are the considerations that will help the Christian to roll off the burden of care and leave it with the great Burden Bearer while in spirit he takes refuge

beneath the shelter of his wings; and when these considerations avail refreshment and renewed strength of mind and body are the sure result. With the light of the morning will come new light on our pathway, new ability to cope with difficulties, all as a result of obeying God's blessed law of rest.

This is the diurnal law of rest and sleep. But there is another law that corresponds to the law of the changing seasons of the year and the life and nature around us. Not only does the earth need the constantly recurring rest of night and darkness, but it needs the seasons when field and garden lie fallow, inactive and lifeless. The same periodicity of rest, of inactivity, of apparent lifelessness is necessary with all who are faithful, persistent workers in the fields of human activity. The most effective consideration with busy workers who hesitate to indulge themselves with this periodic rest of a few weeks is, that this also is a law of life. Being a law of life it is God's law and must be obeyed under penalty for disobedience. The whole working world would be better-tempered, have more of the spirit of Christ, and be more agreeable to live with if this law of rest were obeyed. Change of scene is rest. Woods and green fields are not far from most cities. Rest even from the care of good clothes is of value, and there are few intelligent, frugal workers that can not find this change possible for a few weeks every summer.

Among the most beneficent charities of the day must be accounted those that take workers whose low wages forbid such vacations from toil, and give them a few days, or weeks in the country, either without charge, or for such a nominal sum as to bring it within the reach of thousands otherwise debarred from such rest and refreshment. It is a duty that seems to be laid on many Christian hearts at the present time, not only to make known the laws of God, but to help people obey them. The Christian Church can do much towards helping the toiling masses obey the law of the Sabbath. It can also do much, by creating conditions, to help thousands of its fellow men obey the law of rest.—Interior.

#### SERMONS FROM THE BACKWOODS.

*Rest a while,—1 Matt. vi. 31.*

If you can never be spared from your labors, you must be almost as lonesome a man as the one that knows it all. I think I should go to that man's funeral with a feeling of complacency. Such knowledge is altogether too vast for me. I feel in such a man's presence like an ant heap alongside the Apennines. So of the man who never can take a rest, can't be spared, don't you know. All others can have a vacation, but the solar system would go awry if this man should take to the woods for a week. My brother, when I think of your importance, of the vast niche you fill, I shudder for the world. When the shoulder of Atlas gives way, what is to prevent the grand smash? Better get us used to doing without you. Commence the weaning process now. Withdraw the light of your beams, the support of your Herculean strength, the invaluable guidance of your cool brain temporarily, and so permit us to see how it would feel to be without you eternally. Since Sahara must come some day, give us a pinch of it now. Since the midnight of your perpetual absence must some day fall on a benighted world, let the twilight of your temporary sojourn apart suggest poetically and gently the doom that awaits us.

Rest a while. It is a divine voice that says it, and divine wisdom inspires it. The man who never can rest does not do his best work. He who would put forth his hands to swim must first draw them in. "There is no music in a rest," says somebody, "but there is the making of music in it." One ingredient of good work is rest, and a let-up is often a means of grace and a help to glory. Therefore, rest a while.

Rest a while. The words were spoken to apostles-elect. If such important men could be spared long enough to rest, so can you. If with a world in darkness and no knowledge of the Gospel of Calvary the apostles could be permitted to tarry mid the grassy slopes and under the trees, so can you. For behold, in your day whole regiments of Christians are telling the story of the cross and seeking to lift a ruined race to God.