

GOING TO MEETINGS.

"Monday evening I went to a Scott Act meeting. Tuesday evening I dropped in to see the Salvation Army. Wednesday evening I should have gone to our own prayer meeting but went to the special services in a neighbouring church. Thursday evening I went to a lecture, and Friday evening to a concert. This evening there is no place to go to. Next week I have an engagement for every evening." That is about the kind of soliloquy in which a good many people in towns and villages might engage on almost any Saturday evening in winter. People who live in large cities and in the country are mercifully exempt from the scourge of going to something every evening. You can't go to everything in a large city, and to one tries; in the country there is often nothing to go to. Going to some kind of a meeting every evening is a habit that brings a certain class of people into towns and villages to the verge of idiocy. They devour everything in the shape of a meeting during winter, and come out in spring as lean as Pharoah's lean kine. There is no class of people in this country half so lean intellectually and spiritually as this class who run to some meeting every night. They cannot read; they cannot think; they have no power to reflect or meditate; they are in misery except when on the jump. They are of no use to the Church and are of very little service to their own families.—*Can. Pres.*

TAKE TIME TO PRAY.

If a man should say "I have no time to breathe," and should desist from the act of breathing, it would not be well for his body. He must breathe in order to live. Prayer is as necessary to the life of the soul as breathing is to the life of the body. And yet some professing Christians plead, as an excuse for the neglect of prayer, the want of time. A decay of spiritual life is the necessary consequence. This is abundantly shewn from experience and observation. The testimony of the backslider is that his downward course began in the neglect of prayer. Those who have fallen into open sin, bear the same testimony. No one ever wandered from God while he kept up the habit of constant and instant prayer. He may keep up the forms of prayer, public and private;

but real prayer and departure from God cannot take place at the same time. God is faithful to His promises, and will keep from falling those who ask Him. He will not keep those who neglect to ask His aid.

Christ says "Without Me ye can do nothing." The experience of every Christian is in accordance with that declaration. When any one has trusted to his own resolutions, he has miserably failed. He finds that he can walk only in the strength of the Lord. Hence his prayer is, first of all, for the indwelling of the Spirit to work within him both to will and to do. He has found that in himself there is no power to form just purposes, or to carry them into execution. Our sufficiency is of God.

Christ has declared the willingness of our Heavenly Father to give the Spirit to those who ask Him. One must be in a very unhappy state who has not time to ask for so valuable a gift so freely given.

Take time to pray. Your wants are very numerous, and there is but one source of supply. The prayer for the indwelling of the Spirit is not the *only* prayer you are to offer. In *everything*, by prayer and supplication, with thanksgiving, let your requests be made known unto God. Prayers are not valuable in proportion to their length, but as they are in accordance with the will of God.

Take time to pray, at whatever cost.

ADVANTAGES OF GOOD TEMPER.

There is always good policy in keeping one's temper. As often as temper is lost a degree of influence is lost with it; and while the former may be recovered, it will be found much more difficult to recover the latter. The politician who allows himself to get angry in his capacity—whatever may be the provocation—does his cause an injury which his soundest arguments will hardly repair. Just so with men of all profession, and with men of no profession. If they would be able to exert a sway in their sphere they must learn to keep cool. Who ever listened to a discussion in which one party went raving mad, while the other maintained his composure, without having his sympathies enlisted with the latter, even though, in the beginning, his prejudices might have been in favor of the former? It is commonly taken for granted, and with a good share of reason, that he who has the best share of an argument will exhibit the most coolness.