

YET THERE IS HOPE!

"Yet there is hope" for all who seek
The Saviour's loving aid;
For sin He suffered on the cross,
And full atonement made.

"Yet there is hope," though black as night
Waves now around thee roll,
And Satan with his fiery darts
Assail thy trembling soul.

"Yet there is hope," dejected one,
Though sorrowing and cast down—
The Lord will intercede for thee
If thou thy case make known.

"Yet there is hope," degraded one,
Though sunk in man's esteem—
The Saviour left his glorious throne
Such sinners to redeem.

"Yet there is hope," despised one—
Search Holy Writ and see
The Man of sorrows scourged and mocked
To pardon such as thee.

"Yet there is hope," desponding one—
Remember Calvary;
The Fount that cleansed the dying thief
Is flowing still for thee.

"Yet there is hope," repentant one—
A glorious hope for thee—
A hope that maketh not ashamed
Through all eternity.

S. H.

DEPRESSION AFTER ELATION.

There are seasons of triumph. One has done some great thing. He is full of exultation and joy. He is upon the mount. Soon a reaction sets in. The animating force vanishes, and gloom and despondency succeed. Samson was all enthusiasm and ecstasy upon his slaughter of the Philistines with the jaw-bone of an ass. Shortly afterwards he became faint, low-spirited and desponding. Elijah with a sublime courage faced the cruel Ahab and his priests and his court and the people. He called down fire from heaven. He mocked the priests of Baal upon their impotence. He stood alone for the true God. He slew the false prophets. He brought down the rain and stayed ravages of the famine. It is natural to think that one so triumphant would never become depressed, yet a few days after, when Jezebel heard of his doings, and in her wrath, sent a messenger to tell him that on the morrow he should die, he immediately fled for his life. Fatigued, hungry and alone, he

entered a dreary wilderness, sat down under a juniper tree and sadly bemoaned his fate, and said, "It is enough now, O Lord, take away my life, for I am not better than my fathers." David, Nehemiah, Peter, Paul and other worthies had their elevated experiences which, in turn, gave place to melancholy moods. So have had all Christians since their day. In fact, it is the lot of all successful men; not only in religious, but in secular affairs. We all know something in this experience. It often happens that we are elated one moment, and depressed the next; one day all brightness, the following all sadness; one day active and vigorous, the succeeding dull and gloomy; one day full of life, and the next wishing we were dead.

In part, this experience is the effect of nervous reaction. Persons of an excitable temperament, "oscillate between the extremes of sustained action, and develop marvellous powers of endurance and of accomplishment under given circumstances; but let the occasion pass, and they rush in the opposite direction.

While this experience, in a measure, is due to the physical condition, yet in accounting for it moral considerations must be taken into account. We become too confident; we indulge too many and large expectations; we attempt too much; we forget that we cannot always keep up the heroic pitch; we strive after the unattainable. Hence, disappointments and despondency.

It is well for us to learn that we cannot continually live in ecstatic frames or states of mind. Some one has said, "the career of the loftiest souls is not one unbroken epic; even this has its seamy side, its stale and unprofitable moments." We need the discipline of a varied condition. The natural tendency is to be self-assertive and vain-glorious when we are at our best. God sees that we need the humbling process; a training whereby trustful submission to his will may be brought out and strengthened, and his name glorified. While, then, we should be thankful when we enjoy the sunshine of success, temporal and spiritual, we should also see, when the cloud intervenes, a wise purpose. Thus we can draw from the mingled dispositions of God the lesson of faith in a loving Benefactor and Ruler, abiding patiently and confidently the divine will in all occurrences.

Work while it is day, the day of opportunity, the day of grace, the day of life, the day of time, the day of salvation, is now. Soon opportunities will have for ever passed away. Life will be gone, and time will have vanished. Now we can do our work for God. Let us do with our might what our hands find to do.