

the world was for, to demonstrate to us the life of liberty and freedom, to bring immortality to light? Do we not dishonor God, when we do not step out into this liberty, and live in it? yes, live it day by day, hour by hour? God cannot help us till we take our proper position. Oh! what a calm, peaceful, joyous, happy life it is! When we are willing to learn of Christ, we *do* find rest, but not before.

There is no rest to be found in any outward forms. I care not what they be, you cannot bind the Holy Ghost to-day any more than when he said, separate me Saul and Barnabas, for the work whereunto I have appointed them. If *we* are bound, and taken up with these other things, how are we to hear and know his voice when he speaks to us! When Christ said, "When he the Spirit of truth is come, he will guide you into *all* truth," he *meant* it. He knew we could not receive him in any other way. For how can he guide and teach us if we do not *let go* everything else, and be free and open to receive him. We simply cannot do it. But when we do receive him, how clear and plain he makes the things of God to us! How free our path in life becomes! Oh, I tell you, friends, if we will only let our own ideas of things go, and our *own* way of thinking about things—get the mists cleared away, and the eyes of our understanding opened—God *can* then reveal himself to us. But, you say, I can't get rid of my own ideas. I can't help thinking. Well, are you willing to let them go? Because, if you are, and you really do put yourself into position, the Holy Ghost will do everything else, and he himself will take possession.

There is only one condition for you if you are desirous of receiving him *all must go*; you must be willing to have it so. He sits as a refiner and purifier of silver, and he knows just how much dross needs be burnt out, and how much he can make like himself. He destroys nothing that he

can use—only the things that are hindrances to us. And those he *does* clear out and so leaves us *perfectly free* to do his will wherever we are and in whatever position in life we are placed.

The law is then fulfilled in us, who walk not after the flesh but after the Spirit; nor is it bondage for us to keep the law either, for it is *fulfilled in us*. Yes, our Father's will *is* being done by us. Why, it becomes the very law of our being—the law of liberty, the law of *love*. And thus it becomes *natural* for us to love God because we now realize our relationship to him.

MRS. S. TRYE.

WORRY.

We read somewhere almost every day that the right way to be healthy and in good working trim is to avoid worry! Nobody enlarges on the subject and tells how worry can be avoided.—*Canada Presbyterian*.

COMMENTS.

THE trouble with this and other editors is that enlargement on this subject mentioned and kindred ones must be, to suit them, based on orthodox lines; that is, must be in harmony with the creeds that the respective editors represent.

Suppose we frankly stated our opinion as to how worry could be avoided, gave a sure and certain receipt for the cure of the same, guaranteed that this receipt would prevent a return of anything like worry for all time to come, and suppose we backed up this our opinion with a statement that for five years we had found our receipt, experimentally, a success, what would be the result?

Simply to awake the echoes of old sectarian cries about sinlessness, perfectionism, etc. We must sin daily in thought, word and deed, both in worrying and in everything else. Don't the creeds state this and no one can get