



# THE CANADIAN EPWORTH ERA

Vol. XVI.

S. T. BARTLETT, Editor  
WM. BRIGGS, Publisher

TORONTO, FEBRUARY, 1914

WESLEY BUILDINGS  
TORONTO, ONTARIO,

No. 2

## THE HELPING HAND

ASKED for an appropriate name for a newly organized Bible Class, we suggested the above—The Helping Hand Class. Out from the suggestion came reflections on the human hand that have resulted in this article:

What a wonderful organ the hand is. Its physical construction combines a marvellous complexity of parts, yet shows withal a perfect adjustment of each when related

to all the rest. Bones, tendons, muscles, joints, veins, nerves—all are so finely connected and so perfectly adjusted that the complete structure is a marvel of divine skill. What other creature has been so completely furnished? What other creature can use the needle, ply the brush, wield the sword, guide the pen, swing the axe, or deftly and delicately play the piano, organ, or harp? Truly the human hand is capable of innumerable activities. With it men build houses, towns, cities, railroads, canals, telegraphs, and construct a vast number of various mechanical devices. In its normal and healthy exercise the human hand is truly an invaluable part of the human body.

When other organs fail, how the hand comes to the rescue of the suffering man or woman. Its nerves are so delicate that it has more than once become a substitute for eye and ear to such as have lost both sight and speech. The blind man reads with his fingers, the dumb man learns to speak through their medium. Our spoken words are very frequently emphasized by expressive gestures made with the hands.

The human hand expresses both friendship and enmity. The open palm or the clenched fist, each speaks of the motive principle within. How the hand outstretched in kindly helpfulness stimulates, invigorates, strengthens,

consoles. Think of it, and you will see that "the power of the hand is one evidence of the superiority of human nature." Made of common clay it may be, but backed by a living spirit it becomes almost all-powerful for good or evil. When a living soul throws its energy into the motions of the hand, it throbs and burns with a force that is immeasurable.

What use should we make of this member? Varied as its necessary activities are, its movements

should ever be under the guidance of a loving soul. Only so can its helpfulness be demonstrated. Religion has ever employed it in active use. See one example. Peter and John stand face to face with the lame man. He needed their help; they were capable of helping him; they stretched forth their hands to his, and he, taking hold, rose and was restored. That was a case of "Lift up" which the Epworth League must ever emulate in spirit as its members hold intercourse with the great world of need outside the Temple walls. It is not only our duty but our glorious privilege to lend a helping hand to those whose need is their one great plea.

This applies to the poor. You have been busy in Christmas ministry lately. Let the same spirit carry you through the year and prolong the Christmas Cheer day after day as

the months pass by. We lose many a blessing because we let passing opportunities slip from us wherein we might with little or no inconvenience to ourselves "lend a hand." Our Master had little of temporal good to bestow on the poor in the way of alms, yet he did more for the needy than all the combined philanthropists of the ages. He gave to the weak a helping hand, and his true followers have ever been following his example.

### BUILDERS

DR. CARMAN

**WE are all builders; builders of personal character; builders into the home; builders into the social order; builders into the nation; builders into the Kingdom of God. The same material, the same principles and forces make us successful builders in all these relations of life. And they are neither hard to find, or keep, or use; so that our building ought to be easy and pleasant, and, from bottom to top, well laid, firm and secure. A right faith, sound knowledge, noble courage, prudent self-control, purity, patience, kindness, and such like—are these too much to ask, or to expect, of any generous young man or young woman? Are they heavy or troublesome to carry? Will they not rather carry us through splendidly? With health, ruddy cheeks, good humor, sprightliness and cheerfulness in service, are they not a shining circlet of gems for a wide-awake boy or girl? Why not try to have them, and always wear them? Let us do our best at it, anyway.**