

## Christians at the Table.

(By William T. Ellis, in 'Wellspring'.)

In every Christian home it should be the practice to acknowledge, before each meal, the source of life's blessings. This is right and fitting in itself; and, moreover, it is one way of bearing witness to our dependence upon God.

The particular phrases used matter little; the head of a household usually formulates his own 'grace before meat,' and this is best. Sometimes a set form of words is asked for; I have written a number which are printed here. To these I have added several others, originally drawn from many sources, although taken by me from 'The Congregationalist's' helpful leaflet, 'Grace Before Meat.'

The custom is increasing, it seems, of using a silent blessing, or of having a blessing recited by a child. This is far better than no form of grace at all, and yet it is not to be preferred above a blessing spoken by the head of the house. The father, or the oldest male member of the family, is most appropriately the person to invoke the divine blessing and to express gratitude for the food.

### FOR ANY MEAL.

For this spread table, for our home, and for all that makes life good, we give thanks to thee, our Father in heaven. Amen.

Because thou thinkest upon us, our Father, all the needs of our bodies and of our souls are met; and we thank thee. Enable us to use all thy good gifts aright, we pray, in Jesus' name. Amen.

From thine open hand all creation is satisfied, O God. For this present food we thank thee. May it nourish us for thy service, and may our souls be fed with heavenly manna. In Jesus' name. Amen.

Whether we eat or drink, or whatsoever we do, we would do all in the name of the Lord Jesus. So we ask thy blessing upon this meal, our Father in heaven, and offer up to thee our sincere gratitude for the loving provision which thou dost make for all our needs. Amen.

For the hand that feeds us, and the heart that loves us, and the grace that saves us, we thank thee, our Father in heaven. Upon these present gifts let thy blessing be. In Jesus' name. Amen.

Accept our gratitude, Father in heaven, for these common tokens of an uncommon love. Make us ever mindful of thy mercy, and keep us true to thee. Amen.

Lord, make us mindful of the extraordinary love which provides for us life's ordinary necessities. Accept our thanks for the food now before us, and for him who is the bread of life. Amen.

Fit us for life's duties by this our daily food, gracious giver of good gifts, and gird our souls for victorious living by thy grace from above. Amen.

Many are the ways in which thou hast chosen to express thy love to us, blest Father in heaven; this food which is before us we acknowledge as one of them, and we thank thee. Help us to live gratefully, for the Redeemer's praise. Amen.

For the food now before us here, and for the Lamb's feast which await us above, we give thanks unto thee, our Father and our Saviour. Amen.

May the loving thought which provides for all our bodies' needs throughout the recurring days, make us mindful of our soul's obligations to thee, gracious Father above, whom we praise. Amen.

Sanctify to us all life's ordinary blessings, we pray, O Lord, that they may come to us freighted with grateful thoughts of thee, our Father and our God. Amen.

### FOR THE MORNING MEAL.

The night's rest, the morning's light, the daily food, and the hour's duty, are all thy good gifts to us, Father in heaven, and we thank thee for them. Help us to honor thee in them all. Amen.

### AT NOONTIME.

In the midst of the day's duties we bow in humble acknowledgment of thy mercy and providence, O Lord. Refresh us by our noontime meal, and accept the thankfulness of our hearts, continuing unto us thy favor and presence. Amen.

### FOR THE EVENING MEAL.

The day that is passing has been filled with thy goodness, our Father in heaven. As we gather round this table, spread by thy

love, we offer unto thee thanksgiving and praise. We pray that thoughts of the Giver may come to us in all thy gifts, and that thine everyday mercies may be reminders of thine eternal love. Still bless and guard us, we ask, in Jesus' name. Amen.

### FOR A SPECIAL OCCASION.

May the Christ of Cana be present with us at this festal time. Sanctify to us all the relations of human fellowship. Bless these tokens of thy bounty and accept our gratitude for the joys which come to us through thy goodness. Be thou a guest at this board, and abide with us all forever. Amen.

### SOME SELECTED FORMS.

The following are from 'Grace Before Meat':—

Bless this food to our use and us in thy service. Amen.

For these and all thy mercies we give thee thanks, O God. Amen.

We receive these gifts, our Father, from thy hand with loving gratitude and adoration, in the name of Jesus Christ our Lord. Amen.

Blessed art thou, O Lord, who givest good to all flesh! Fill our hearts with joy and gladness, that having always what is sufficient for us, we may abound in every good work in Christ Jesus our Lord. Amen.

We recognize in these mercies the hand of the Giver, O thou who givest liberally and upbraidest not. May we in return give ourselves unreservedly to thee. Amen.

O thou who hast given us the bread from heaven, help us to receive gifts of nourishment for the body in grateful remembrance of the gift of life through Jesus Christ our Lord. Amen.

We thank thee for health and work, O Lord our God, and for this food which sustains us in the midst of toil. Remember with mercy all who hunger and are not fed, and tenderly lift up all who fall beneath life's burdens. Amen.

We thank thee, O Father, for the light of day, and the light in our hearts because thou art with us. Care for us in toil as thou hast cared for us during sleep, and bless this food to our use, and our lives in thy service. Amen.

Our Heavenly Father, wilt thou bless to us our evening meal. Forgive all that thou hast seen amiss this day in thought, word, or deed, and have us this night in thy holy keeping, for Christ's sake. Amen.

Bless the Lord, O my soul, and all that is within me bless his holy name. Bless the Lord, O my soul, and forget not all his benefits. Amen.

Lord, we thank Thee Thou dost heed  
Our returning daily need;  
Bless to us this food, we pray,  
Be our Guest throughout the day.

We thank Thee, Father, wise and good,  
For home and friends and daily food.  
Bless to our use the food we take,  
And keep us all for Jesus' sake.

## Medical Missionary Training Institute

AT AGRA IN INDIA.

(To the Editor of the 'Northern Messenger'.)

Sir,—Will you very kindly allow a little space in your paper for the following few words, from India, which I wish to send to our Christian sisters in Canada, who have taken interest in crusade work, through Mrs. Cole, of Westmount.

Dear Sisters in Canada,

I expect this will reach you about Christmas Day, so we wish you all a merry, merry Christmas, and a happy New Year.

We realize your responsibility as Christians as those professing to be the followers of Christ.

We, the Indian brothers and sisters, are really interested and instructed in several ways, both bodily and mentally and spiritually, by reading the 'Messenger' and 'The Sabbath,' which you have been so kindly sending us from time to time. We thank you very much for all the trouble you have taken in sending those papers to us.

After reading, we pass those papers on to our Hindu and Mohammedan friends who can read English.

Papers that have been sent to Agra have been coming in safely.

Miss Nellie Asker, of Campbellton, and Mrs. Cole, of Westmount, wrote very kind letters to the undersigned who is deeply interested.

There came another nice letter lately from Misses F. L. and Lily M. Shaw, of Oak Lake, Manitoba.

You may like to hear a little about our Medical Missionary Training Institute.

The aims and objects of the Institute are well set forth in the name 'Medical Missionary Training Institute.' By its favorable terms it places a thorough training in evangelistic and medical work within easy reach of any deserving young man in India. It furnishes a safe and comfortable home to the young men while they prepare for their life work.

No doubt, it is a quite unique Institution for preparing our Indian Christian young men to do their best work in their respective mission fields, 'Heal the sick and preach the Gospel.'

The course requires four years, which gives a good medical education with diploma of a Government medical school.

We have our daily Bible study, and also we are trained to take an interest in and do actual missionary work among the poor and ignorant people.

We all live, dine, study and pray together in the most perfect harmony.

Our principal, (of the Institution) the Rev. Dr. C. S. Valentine, sent by the Medical Missionary Society of Edinburgh, has spent his forty years' service by Nov. 12, 1901, in India. He is expected to retire in the beginning of 1902. We are much indebted to our principal who has spent the best part of his life in doing good to others during these past forty years in India.

A very happy New Year to you all; may it be the best you ever knew.

On behalf of the brothers and sisters,

Yours truly,

DUNDEE L. JOSHEE,

Medical Student, M. M. T. Institute,  
Agra, India.

Nov. 12, 1901.

## Meekness and Humility.

Tell me, is not that what is needed in our work? That the spirit of tender compassion and of gentleness should breathe in every utterance about the people whose souls we are seeking—should be the mark of Christ's presence. And then more love would not only make us gentle, but, as with Christ himself, it would also be the power and the inspiration of a divine zeal, so that we would sacrifice all.

If we loved others with the love of God, how much more power there would be in our work, how much more sacrifice of time and of ease in praying to God for souls; how much more intercession! Oh! if we loved aright, how much more sacrifice of comfort! how often would we work as I read of a couple of missionaries in China some years ago, asking: 'What more can we sacrifice for Jesus?'—Andrew Murray.

## The Find-the-Place Almanac

### TEXTS IN PROVERBS.

Dec. 22, Sun.—He is also a shield unto them that put their trust in him.

Dec. 23, Mon.—Remove far from me vanity and lies.

Dec. 24, Tues.—The conies are but a feeble folk, yet make they their houses in the rock.

Dec. 25, Wed.—There is a friend that sticketh closer than a brother.

Dec. 26, Thur.—Wait on the Lord and he shall save thee.

Dec. 27, Fri.—The King's heart is in the hand of the Lord.

Dec. 28, Sat.—The name of the Lord is a strong tower.

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