

The Home Mission Journal.

A record of Missionary, Sunday-School and Colportage work. Published semi-monthly by the Committee of the Home Mission Board of New Brunswick.

All communications, except money remittances, are to be addressed to

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it will not be worth the having if it does not bring you a new character and a new style of daily conduct. Thorough weed pulling and thorough ploughing are essential to a good crop. "Some people," said quaint Scotch Rutherford, "want to have Christ for about nothing and never have had a sick night over their own sins. This maketh loose work."

Conversion is the act of turning to Jesus as the only Saviour—the Saviour who died to redeem you. As soon as you begin to trust him and to obey him the healing comes. You must understand that faith is vastly more than opinion or a right feeling. It is a *transaction*—is the contact of a person with a Divine Person, of a weak sinful penitent soul with an all-sufficient Redeemer. You need to be shut up to this one tremendous truth—either Jesus Christ must save me or I am lost!

Attendance upon church service, Bible reading, or the best sermons, or an "inquirer's meeting" or prayer, or any other good thing will be useless if you attempt to put them in the place of a personal grasp on Jesus Christ. Faith is indispensable just as the bucket is indispensable if you wish to draw up water from a deep well; but it is the water that you are after.

True faith puts your soul into living contact with the loving Son of God. A touch is enough to begin with; it must be followed by a strong and constant cleaving. The graft that is inserted in the cleft bough of an apple-tree must become united to the tree before it yields fruit. Abiding in Christ, and only through that abiding, will you be a vigorous, fruitful, and joyful Christian.

And if you become such a Christian, your wonder and your sorrow will be that you never became one before. Men have lived to regret almost every conceivable step; but I never heard of a person who repented of loving, obeying and serving the Lord Jesus Christ.

BROOKLYN, N. Y.

Temperance Column.

Smash the Traps.

General Booth tells the following anecdote: "A little girl, whose older brother's lack of compassion for small creatures distressed her, injected this into her bed-time prayer: 'O Lord, don't let the little birds get into Robbie's trap in the garden. Please, don't let them! Oh, I know they won't! They can't. Amen!'"

"Dolly," said her mother, "what makes you so certain?"

"Why, 'cause—'cause I went out in the garden and smashed the trap."

"We pray for souls threatened by the traps of Satan," said the General, "but that's not enough. We must smash the traps."

Run it by Water.

A young lumberman whose habits of drinking had given the "blind staggers" to his business reformed and ran his saw-mill with profit. While in the transition period he met Tom, an old friend.

"How are you?" asked Tom.

"Pretty well, thank you; but I have just seen a doctor, to have him examine my throat."

"What's the matter?"

"Well, the doctor couldn't give me any encouragement. At least, he could not find what

I wanted to find."

"What did you expect him to find?"

"I asked him to look down my throat for the saw-mill and farm that had gone down there to drink."

"And did he see anything of them?"

"No; but he advised me if ever I got another mill, to run it by water."

Intemperance and Crime

Have you ever read a newspaper that did not publish some crime that could be directly traced to intemperance? Listen to a statement that a Brooklyn magistrate has recently made: In eight months, thirteen thousand eight hundred were brought into the second division of the magistrate courts of Greater New York for drunkenness, and five thousand seven hundred and thirty-one for disorderly conduct, nearly all of whom were intoxicated as well as disorderly. Nearly ninety per cent. of the arrests in Greater New York are the result of indulgence in spirituous liquors. *The Chicago Tribune* says that saloons are responsible for the 53,000 murders committed in the United States during the last fourteen years. This does not include other crimes. "Intemperance causes greater loss of life than war, pestilence and famine combined," Gladstone once said.

Health Column.

STAIR CLIMBING.—HOW TO DO IT AND AVOID BEING FATIGUED.

If one would avoid fatigue in climbing stairs, a necessary act in a city like Chicago, where many buildings have no elevators, he must know how to do it properly. A physician of repute tells how this should be done.

"Usually," he says, "a person will tread on the ball of the foot in taking each step. This is very tiresome and wearing on the muscles of the legs and feet. You should in walking or climbing stairs seek for the most equal distribution of the body's weight possible. In walking upstairs your feet should be placed squarely down on the step, heel and all, and then the work should be performed slowly and deliberately. In this way there is no strain upon any particular muscle, but each one is doing its duty in a natural manner. The woman who goes upstairs with a spring is no philosopher, or, at least, she is not making a proper use of reasoning faculties. The habit, too, of bending over half double when ascending a flight of stairs, is exceedingly reprehensible. In any exertion of this kind, when the heart is naturally excited to a more rapid action, it is desirable that the lungs should have full play. The crouching position interferes with their action, the blood is imperfectly aerated, and there is trouble at once. Give the lungs a chance to do their work everywhere and at all times.—*Chicago Record*.

NOURISHMENT OF THE TEETH.

It is the outside of the grains and the cereal foods that contain the carbonate and phosphate of lime and other earthy salts which nourish the bone tissue and build the frame. It is the outside of corn, oats, wheat, barley and the like, or what is commonly called bran that we sift away and give to the pigs, which the teeth naturally require for their proper nourishment. Oatmeal is one of the best foods supplying the teeth with nourishment. It makes the dentine and enamel strong and able to resist all forms of decay. Nothing is superior to brown bread for bone and tooth building. Baked beans, too, have considerable supply of these lime salts and should be on the table, hot or cold, three times a week.—*Health*.

FOOD AND LONGEVITY.

A Turin physiologist, Dr. Javali, sent a series of questions to all Italians who had attained to the age of a hundred years. The total number to whom he applied was two hundred and seventy-four women and one hundred and thirty-three men. Only fifty-two, however, out of the three hundred and eighty-two returned answers of

which he could make any practical use for the object which he had in view, namely, on account of the manner of life of persons who lived to be very old, for the guidance of others who might be ambitious for a long life. Dr. Javali came to the conclusion that a man's constitution of body, whether tall or short stout or lean, straight or bent, had little influence on his chances of a hundred years. The most important point, according to the answers received, is the food. The majority of these Italian centenarians reported that they were either small meat-eaters or ate no meat at all, and that the staple food of nearly all was vegetables and fruit. From spirituous liquors, with the exception of the simplest wine of the country, most of them abstained. It is important to note that the majority stated that they were careful to wear warm clothing. Another point was their uniform testimony to cheerfulness of temper and avoidance of all excitement and worry about daily and hourly trifles. Sanguineness and content, Dr. Javali infers, are aids to length of days. A certain degree of stoicism, also, he believes worth cultivating.

But it is very doubtful if those who live a feverish, hurry-scurry life can, unless they have very excellent constitutions, and not often then, ever live a hundred years. Seventy-five or eighty years ought to content the majority of mankind, until we are able to live rationally.

The Question of Motive.

I have never sought wealth, but I have sought work to do for my Master, Mr. Moody said in substance, just before he went home. This expression gives the keynote of his life. Add this motive of his to his natural ability, to his splendid spirit of mastership, and to his divine endowment, and it accounts for his career. He did not seek for himself. He did not regard money. He did not care for fame. He simply wanted to find work to do for Jesus Christ, and that work he sought unremittingly from the beginning of his call until he laid down his task. Animated by this motive he stood unabashed in any presence and quailed before no demand.

Such a motive and the lessons therefrom are very much needed in our times. So many about us are caring for what they can make, in the various positions to which they are called. Much more than it ought to be, this is the bane of modern life. Ian Maclaren tells us that so far as he can discern, the vicious principle among us is mammonism. What is true of us is true of others, for in this respect we are not sinners above all men. Everywhere in the scramble of modern life, men are all too much asking what they can make for themselves, in one form or another. What is there in it for me? is the question, rather than, What can I do for others, in any position which I assume, or in any relationship into which I may be brought?

There can be no comparison between these two lines of life and the motives which influence men thereon. No one, not even the most selfish, in his better moments, will not say the latter is incomparably the greater. It dwarfs the other, as heaven dwarfs the earth. Animated by it let a man enter any relationship, take any place and he cannot, in the highest meaning of the word, fail. Actuated by this spirit, and by this motive, he will make the best of himself. He will fill to his utmost capacity any position to which he is called, leaving out as a main consideration the question of recompense and reward. At a time when so many are dazzled by the prospective profits that may be secured, it is well for us to have our attention summoned back to the work that we may do. The one may pass with the using, the other will be as enduring as eternity.

A Roman Catholic priest of New York City, having denied that any Romanists had ever become Baptists, an investigation into the facts was instituted. It was found that twenty-nine Baptist churches, in various cities, reported a total of 313 members who had come out of Roman Catholic churches. In many cases the converts were among the leading people. *Christian Work* says that forty-seven New York pastors, of five different denominations, report ex-Catholics in their membership, in members varying from one to seventy. Fully one-fourth of the 25,000 German Baptists are stated to be converted from Romanism.