that is how you do so well, prosper in business as you do.

Now, in some such way, the Spirit helps. The inner room, in this case, is your own heart, your own inner life. There He retires, dwelling apart, in a sort of seclusion, so unseen, so hidden, and yet so accessible when He is wanted, and He is wanted so much! You know what He is and can do. You know His work and wisdom. You know the interest He has in you and in your work. So you go to Him, go to Him many times a day perhaps. You seek His counsel. You rely on His aid. You let yourself be led by His wisdom. You lean heavily upon his support. And you are helped. You can hardly tell how, but you are sure He is with you, and that gives you confidence. You are kept from making mistakes. You are led in a way you know not, but it comes out all right in the end. You speak, and there is power in what you say You do, and there is success in what you do. Men look at you as they looked at Peter, and wonder. But you tell them, as he did, not to look at you, as if the power and wisdom were yours, but to look at the Unseen One whose spirit is within you.

THE SPIRIT'S PROMPTINGS AND LEADINGS.

Does the Spirit prompt? Does he speak within, in a way that may lead us to act upon what He says with confidence? That, I think is the teaching of the word of Goa. The Spirit so often comes to the help of the Christian worker with a suggestion, a passage from the word of God, a thought that seems to flash with light, just at the right moment, and so he is as sure as he can be of anything, that this or that is the mind of the Spirit for him, and he acts upon it. We can all recall something of the kind in our own experience, that was very helpful and assuring at the time.

In the familiar narrative of Philip and the Eunuch, we read that the Spirit in some way said to the evangelist: "Go near and join thyself to this chariot." And Philip did as directed with the happiest results.

So often again we find similar instances in the life and labors of Paul. As he travelled about doing his mission work he let himself be led by the Spirit. Where the Spirit prompted him to go he went, and where He said: "Do not go!" he did not go. Sometimes he wanted to go himself, was most eager to go, his mind and heart set upon it: but in some way the Spirit would stop him, and he would thus be held back from a foolish venture. All he says about it is, that the Spirit forbad him, or He suffered him not.

And, as I look upon it, there is a place for much the same thing to-day in the doing of our work as preachers and teachers and Christian workers. In the choice of pulpit themes, and in the method of treating and illustrating them, one

to the promptings of the Spirit. In visiting too among the people, even where you aim to be systematic, there is abundant room for the Spirit's promptings and leadings. Let Him go before you to prepare the way; take Him with you to be your counsellor and guide, to tell you what to say; let Him come after you to follow up the work. In this way you will find Him so helpful. I have found Him so. As I go along the street, I say: "O Spirit of God, help me!" and I do not go far perhaps, till I come across some one to whom I can say a passing word. Or as I stand on the door step, waiting for the door to open, I breath a little prayer, and the visit is often all the more precious and profitable. The word I said, though soon forgotten by me, was a message from Heaven to some soul. Yes, it is everything in the work to keep in unbroken touch with the Divine Spirit.

## A CLOSING WORD OF CAUTION.

There is the Spirit of God, and then there are spirits and spirits, and we need to be on our guard, lest we may be listening to voices, and led by a light, not of God. Men will tell you how full of the Spirit they are, and they are as full of self-conceit, and spiritual pride and every sort of extravagance, as they can hold. Does the Spirit make fools of men, unbalance their better judgment, give them to be light-headed, and regardless of law and order? There is a spirit that does that, but not the Holy Spirit. He delivers the fool from his folly. He saves a man from the conceit of what he knows and can do. He exalts the word.

There are those to-day who think they have got beyond the old book. They have a new revelation. They preach a new gospel. They tell the world of a new salvation. They have seen a great light. Men dream dreams, see visions, hear voices. Ah! if we want to know what the Spirit of the Lord says to us, we must go to the written word. Promptings and leadings have their place, and they are not to be despised; but the final appeal must be to the word. That is the Spirit's voice as no other is; that is His teaching as nothing else is.

## MENTAL TROUBLE.

Why should mental trouble be cherished, fed. nursed, bewailed and exaggerated as if it were a treasure which we feared to lose? Why do we not at once seek for its cause, apply all possible remedies, learn speedily the lessons it bears, and plan for its elimination? We would never un-derrate or trifle with real sorrow. The bitter derrate or trifle with real sorrow. loneliness of bereavement, the deep disappointment of failure, the loss of friendship, the illconduct of one near and dear to us-these and many other griefs, more or less severe, are by no means to be held lightly. Do what we will they must make eyes weep and hearts bled. Yet it should never be forgotten that affection is in its method of treating and illustrating them, one nature transitory, and that our efforts should be should seek the guidance, and look for and listen in accordance with this law, not against it.—Sel.