

WHAT CAN WORRY DO?

Worry? Why worry? What can worry do?

It never keeps a trouble from overtaking you.

It gives you indigestion, and wakeful hours at night,

And fills with gloom the day, however fair and bright.

It puts a frown upon the face, and sharpness in the tone,

We're unfit to ~~with~~ with others, and unfit to live alone.

Worry? Why worry? What can worry do?

It never keeps a trouble from overtaking you.

Pray? Why pray? What can praying do?

Praying really changes things, arranges life anew.

It's good for your digestion, gives peaceful sleep at night,

And fills the grayest gloomiest day with days of glowing light.

It puts a smile upon your face, the love note in your tongue,

Makes you fit to live with others, and fit to live alone.

Pray? Why pray? What can praying do?

It brings God down from Heaven, to live and work with you.

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about the route? When someone rushed into Mr. Emerson's presence and said, "Oh, Mr. Emerson, they tell me the world is coming to an end," he quietly replied, "Well, never mind, we can get along very well without it." We are not confined to this physical life. We have within us an enduring life—that is, if we are in touch with God.

In the Epistle to the Hebrews 10:39 we read, "We are

TODAY IS THE DAY.—The news will not always be good. Each of us must brace himself to meet this.

F. W. Boreham of Australia tells how on one occasion in his student days in England, he was conducting an anniversary service in a Surrey village.

He was entertained by the widow of the former minister and given the room which she usually occupied.

In the morning when he pulled up the blind and the sun shone in the room, he noticed a mark on the window pane. Cut in the glass, he read: "This is the day"—At breakfast, he asked the old lady about it.

Her story was that in her younger days, she used to worry a great deal. She feared what would happen tomorrow and each day woke with a load on her mind.

One day, much upset, she sat down to read the Bible and started at Psalm 118. At verse 24, she stopped: "This is the day which the Lord hath made: we will rejoice and be glad in it."

She examined it and realized that it applied to any and every day. So she cut it in the glass of her window to remind her as the light flooded the room, that God made the day.

"Somehow," said the old lady, "you do not feel afraid of the day, if you feel that He made it." That story is a good tonic for the coming days, however hard they may prove to be.—Canadian Churchman.

This is the day you never should miss.

THE BEST MEDICINE

Dr. Hyslop, one of Britain's greatest physicians, said to the British Medical Association: "The best medicine which my practice has discovered is prayer. As one whose life has been concerned with the sufferings of the mind, I would state that of all hygienic measures to counteract disturbed sleep, depression of spirits, and all the miserable sequels of a distressed mind, I would undoubtedly give first place to the simple habit of prayer. It is of the highest importance, merely from a physical point of view, to teach children to hold daily communion with God. Such a habit does more to quiet the spirit and strengthen the soul to overcome mere incidental emotionalism than any other therapeutic agency known to man."

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Nov. 33: "On the Road to Belief"