

## THOUGHTS.

BY ALEX. D. M'RAE.

Thoughts are a powerful factor, either for good or evil, in our influence upon our fellow beings. Figuratively, we should do our thinking as much as possible in the sunshine. Thoughts which are not regarded as wicked or filthy may yet have a most pernicious effect. Discontented thoughts may make as much misery for him who harbors them, and for his neighbors, as thoughts which are viciously impure. I have never known it to be established beyond doubt that discontent had actually soured the milk in the cellar, but I have seen a great many things in the house decidedly turned by it. Content on the other hand, sweetens and brightens all within its reach. The cheerful look, the happy, winning smile, the loving word and the kindly deed may all be traced to contented thoughts. If we have occasion to speak or write to a friend or brother we should never begin and enumerate our trials, necessities and woes, or bewail our fate, merely for the sake of doing so; better to throw a wet blanket on him at once. Let us rather recount God's mercies and help our friends to do likewise. Then shall we and they be blest with happiness and contentment and glory redound, through our thanksgivings, to the Giver of all good.

That terrible spiritual ogre, Temptation, seldom attacks a truly contented mind, for we are "tempted when drawn away of our own sinful desire and enticed."

Discontent can even have hard thoughts of the devil if he is not on hand with some first-class temptation when wanted.

It may be asked, Can we control our thoughts and keep them in the proper channel? Can we prevent evil thoughts from coming into our minds? Apropos to this, my mother used to tell me, "You

cannot hinder the birds from flying around your head, but you need not allow them to build nests in your hair."

Paul, who kept his body under by the aid of a pure and vigorous mind, and by the spirit of grace, speaks of bringing every thought into captivity to the obedience of Christ. We can keep our minds pure and free by constantly putting pure, clean food for reflection into them. As a sack filled with wheat has little room for chaff or other refuse, so the mind that is stored with good things cannot harbor evil thoughts.

The Lord has surrounded us with good things in which we may labor, of which we may read and converse, and about which we may exercise our thoughts.

Therefore, "whatsoever things are true, honest, just, pure, lovely and of good report: if there be any virtue, and if there be any praise, think on these things."

– Dawn of Morning.

**[R672 : page 2]**

LIVING FOR OTHERS. – It is ten thousand times harder to live right than to die right. It is not difficult for a man to give his life up through the chamber of death. But to give this life while you hold it, yes, and to use it so that it is a perpetual benefaction all through – that is hard, and that is the special Christian duty. To live in such a way that, as from the moon by night and the sun by day, light and guidance are issuing, from you shall proceed an influence that comforts, cheers, instructs and alleviates the troubles and sufferings of life – this is the true following of the Lord Jesus Christ.

– Sel.

**[R672 : page 2]**

TWISTED TOGETHER. – Our word strength comes from a word signifying twisted together. "The Lord is the strength of my life;" "God is the strength of my soul." Then my life is twisted together with the Lord. God and my soul are as two strands twisted together. One may have no strength at all, but while twisted together with one that is infinite, the weakest shall not fail. Then with what confidence we may say, "The Lord is the strength of my salvation."

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