

a spirit of cheerfulness. If you have a tendency to sensitiveness or selfishness, think of others and work for their salvation. If you find yourself living on past religious experiences, imitate Paul by "reaching forth to those things which are before." Displace the habit of looking back to the joys of the day of conversion by looking forward to the joys of likeness to Christ. Displace the relish for sinful things by filling the mind with lofty thoughts. Fill the mind with the great thoughts out of the treasure-house of the noble men and women who belong to the household of faith, and there will not be any room for sinful desires. The love of the base things will perish in the company of sacred memories and holy aspirations. Displace the love of the world by the love of Christ. As barnacles cling to the bottom of a ship and impede its progress, so there are the barnacles of indifference, selfishness and impurity of thought and desire which hinder your advancement in the spiritual life. Remove these barnacles, and as shipbuilders put on a new copper lining on the bottom of a ship, so put into the heart the love of Christ when the barnacles are gone. Overcome the love of the world by lifting your eyes and keeping them fixed on Calvary. If your eyes are ever on the Cross, they will look down on the world of sin with