

Mary, and threaten to send me out for a turn with it ; wil you ?”

She laughed, but Mrs. Wingate looked uncomfortable. “Your idea seems to be the very opposite of what I was saying to my niece,” she remarked. “*My* notion is that unless you respect yourself you will get nobody else to respect you.”

“But,” said Mary, gently, “King Solomon, the wisest of men, said, ‘Before honour is humility.’”

“And King David himself sang, ‘The meek shall inherit the earth,’” added Frank.

But Mrs. Wingate was not convinced yet. “It was easy for Solomon and David to say so,” she muttered, “for they had all the riches and the respect they wanted ; had they been poor, now—”

The young sailor stood silent for a minute, and then he said reverently, “If we are Christians, and the term means anything at all, we are pledged to follow Christ, who trod the earth in humbleness. The Lord Himself was a poor man, and He echoed David’s words when He opened His mouth and taught His disciples, saying, ‘Blessed are the meek.’”

Guidance.

IF I knew what I really ought to do, I would try and do it ; but it is so very hard sometimes to find what is God’s will.”

So said Mary Manley to herself as she sat down by the fire-side in the one quiet half-hour which she could secure in the whole day.

Her long morning’s hard work finished, the table set, the pot boiling, she waited for the return of her husband and children for their dinner. It was her time for reading and prayer and meditation ; a very blessed time, when she was alone with Jesus, and held sweet communion with Him, lifting up her heart in glad praise for His goodness, in