

darkest hour through which a human soul can pass, whatever else is doubtful, this at least is certain. If there be no God and no future state, yet even then it is better to be generous than selfish; better to be chaste than licentious; better to be true than false; better to be brave than a coward. Blessed beyond all earthly blessedness is the man who, in the tempestuous darkness of the soul, has dared to hold fast these venerable land-marks! Thrice blessed is he who, when all is cheerless within and without when the teachers terrify him, and his friends shrink from him, has obstinately clung to moral good! Thrice blessed because his night shall pass into clear, bright day.

If there be any young man before me passing through this terrible ordeal, let him take to himself the direction and the comfort of these eloquent sentences. Or, if he would have the same thing in homelier phrase, let him remember that only by acting up to the level of our present convictions can we rise to higher things. Sometimes an evil life has led to a shipwreck of the faith; but always a good character clarifies the spiritual perception; for has not Jesus said, "If any man be willing to do His will, he shall know of the doctrine whether it be of God"? Keep your conduct abreast of your conscience, and very soon your conscience will be illumined by the radiance of God.

But to the desponding believer the second thing to be said is, *Keep on trusting God.* What a blessed privilege it is to be permitted to do that! My Bible would not be so precious to me as it is to-day if I could not read these words in it: "Let him trust in the name of the Lord and stay upon the God." When we cannot see, it is an unspeakable blessing to have some hand to cling to; and when that hand is God's, it is all right. But let us take the full comfort of these sayings. "Let him trust in the name of the Lord." What

is that name? It is "Jehovah, God merciful and gracious; long-suffering; purifying iniquity, transgression, and sin; and who will by no means clear the guilty. Therefore I need not despair about my guilt, for there is forgiveness with him. What is that name? Jehovah Tsidkenu—the Lord our righteousness. Therefore we may in him have "boldness in the Day of Judgment." What is that name? It is Jehovah Rophek—the Lord that healeth thee. Therefore I may bring all my spiritual maladies, and this of despondency among them, to Him for cure. What is that name? It is Jehovah Jireh—the Lord will provide. Therefore in every time of strait I may rest assured that He will give me that which is needful. What is that name? It is JEHOVAH NISSI—the LORD my banner; and as I unfurl that signal and wave it over me, I may see in it the symbol of His protection. What is that name? It is JEHOVAH SHALOM—the LORD of peace; and so, beneath His sheltering wing, I may be forever at rest.

DONT FRET.

Some people are fretting from early morning to dewy eve. It does no good either to themselves or others. Such persons simply make themselves and those around them uncomfortable. There is a great deal in the cultivation of an agreeable temper with respect to trivial events. A certain degree of indifference is essential to comfort. We may safely say of many things, "Well, it will not make much difference after all," when, if we gave way to a natural feeling of disappointment an irritation—perhaps of indignation—they would keep us awake. There are few things about which a sensible, reflecting person need be unhappy or over-concerned. People make themselves unnecessarily uncomfortable, and their own voluntary discomfort extends to others.