

"Please tell us some passage of Scripture bearing upon this point. I don't know any except the commandment, and I don't think it is very explicit; for Remember the Sabbath day to keep it holy" may mean more or less as we choose to take it."

George replied quickly:

"I will quote a passage from Isaiah lviii. 13, 14: 'If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and call the Sabbath a delight, the holy of the Lord, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words; then shalt thou delight thyself in the Lord: and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father, for the mouth of the Lord hath spoken it.'

"You can see that this is explicit and unconditional, not to think our own thoughts or speak our own words or find our own pleasures. The reward is, we shall ride upon the high places of the earth. I firmly believe my success has, in a great measure, been due to my regard for this injunction."

"I never heard that before," said Harry Maynard, "and I'm with you, George, in this," and he moved quickly to his friend's side, and turned away with him. The crowd laughed in a scoffing manner, and moved off to keep God's day in their usual manner.

Harry went with George to his room where they spent the time very pleasantly in studying and discussing their lessons for the following Sunday. Harry was away from home and its pure influences and what might have resulted from a first step in the wrong direction could be determined by the downward career of his former companions. They soon changed from nutting to card-playing, and this led to worse until they were ruined.

Harry often shuddered when he saw what he had escaped, and could say with the wisest of men:

"He that walketh with wise men shall be wise: but a companion of fools shall be destroyed."

ONE THING AT A TIME.

"Early in life," relates a gentleman who has now spent many decades in the service of God and his fellow-man, "I learned from a very simple incident a wholesome lesson, and one which has since been of incalculable benefit to me.

"When I was between twelve and fourteen years old my father broke up a new field on his farm, and planted it with potatoes, and when the plants were two or three inches high, he sent me to hoe it. The ground of that piece was hard to till, it was matted with grass roots and sprinkled with stones. I hoed the first row, and then stopped to take a general look at the task before me. Grass as high as the potatoes was everywhere, and looking at the whole from any point, it appeared to be a solid mass. I had the work to do all alone, and as I stood staring at the broad reach of weedy soil, I felt a good mind not to try to do anything further then with it.

"Just that minute I happened to look down at the hill nearest my feet. The grass didn't seem just quite so thick there, and I said to myself, 'I can hoe this one well enough.'

"When it was done, another thought came to help me: I shan't have to hoe but one hill at a time, at any rate.

"And so I went to the next, and next. But here I stopped again and looked over the field. That gave me another thought, too. I could hoe every hill as I came to it: it was only looking away off to all the hills that made the whole seem impossible.

"I won't look at it!" I said; and I pulled my hat over my eyes so I could see nothing but the spot where my hoe had to dig.

"In course of time, I had gone over the whole field, looking only at the hill in hand, and my work was done.

"I learned a lesson tugging away at those grass roots which I never forgot. It was to look right down at the one thing