

Him? How can I get rid of this hard, wicked heart? Oh, how unloving and ungrateful I have been! I should think He would just hate me!" "He loves you!" came back the words of Mrs. Mayne. And Mabel's soul went out in a great gush of love to the compassionate Saviour who had redeemed her, and as she knelt down to pray as she had never prayed before, her heart was filled with the peace that passeth all understanding, and the love of her Jesus seemed to enfold her like a garment. Her last thought as she fell asleep was "He loves me, and I am His!"

Old Barns, N.S.

Hamilton '98.

CONCERNING our plans for the Juniors! They are growing rapidly. We are planning for the best Junior Sunrise Prayer-meeting you ever attended. The bright enthusiastic Juniors of Hamilton are going to conduct a truly model meeting. Then will come our "Junior Breakfast," which has become so enjoyable a feature to our Junior workers—and there will be some "after-breakfast" speeches—"Snapshots in Child-Study." A Junior School of Methods will be conducted, from which you may carry home thoughts, *new and old*, with spiritual enthusiasm to lead the girls and boys to higher planes of service.

The Junior Rally programme will have to be kept for another time. Sufficient to say that we are going to have an exercise specially written and prepared for the occasion, "Her Majesty's Ship Junior Endeavor."

Junior Superintendents are urged to remember the "Junior Workshop," and *now* is the time to be preparing for it. Your loving thought and prayers will help the convention and our important work.

Yours in service,

LOTTIE E. WIGGINS.

Bright Suggestions.

A Sunshine Hour

A SUGGESTION for summer meetings might not be amiss. Have the Juniors meet before the regular hour of service on the lawn; and make some fancy or useful article. Call this hour the "Sunshine Hour," and follow it with a bright prayer meeting.

The Song Service.

Occasionally let some special committee select the hymns, and allow each member of that committee to give out the hymn of his choice. The committee should meet before the meeting and plan so that their service may be harmonious. The Juniors will enjoy this innovation and feel a responsibility about its success.

Temperance Literature.

For the next few weeks, temperance literature is to be widely scattered in the interests of our plebis-

cite campaign. The Juniors will make faithful workers to distribute this literature and will do it, with care, when given their directions by those in charge of this important educational force.

Prayer and Advice.

Many Junior societies have a custom of celebrating, in some way or other, the birthdays of their members. The Juniors are expected to bring in as many pennies as they are years old, and it is always best that special prayers should be offered for those who have entered upon a new year of their life, and the superintendent may well give a word of loving advice as to how this new year shall be spent.

Notes on the Junior Topics.

By Lily M. Scott.

Honoring Parents.

July 3.—How are we to honor father and mother? Eph. 6: 1-4; Prov. 17: 6, 25.

DAILY READINGS.—Monday: Command with promise. Ex. 20: 12. Tuesday: Honoring by obedience. Prov. 1: 7, 8. Wednesday: By upright living. Prov. 23, 24. Thursday: Joseph's faithfulness. Gen. 45: 9-11. Friday: Absalom's disloyalty. 2 Sam. 15: 6, 13. Saturday: Christ's example. Luke 2: 51.

The best reading lesson for this meeting will be the story of Joseph. Select, not only the part given in one of the Daily Readings, but various other little sketches of his life, such as: Gen. 37: 3-11, 37: 13-36, 39: 2-6, 39: 20-33, 40: 2-15, etc., etc. It might be well to select those of the Juniors who read wisely and have them give these, or other selections, as readings; then have Gen. 45: 9-11, also Gen. 46: 29-30, read by the Juniors in concert.

Refer to the commandment with a promise attached to it. Christ Himself set us an example in honoring our parents (Luke 2: 51). In contrast, a short sketch of the life of Absalom may be given by some Junior who is clever at writing. This, of course, should be prepared beforehand.

One of the main objects of the Junior meetings is to stimulate, as much as possible, a *desire* for a knowledge of the Bible and its characters. Then, too, in talking with children, it is well to be explicit. Remind the Juniors of the spirit of the old nursery rhyme, which began, "I love my mother," said little John," but he left her the water and the wood to bring. Emphasize the fact that a child's first duty to a parent is obedience. "Children, obey your parents in the Lord, for this is right."

Samuel.

July 10.—Lessons from the life of Samuel. 1 Sam. 3: 1-10.

DAILY READINGS.—Monday: Consecrated to the Lord. 1 Sam. 1: 24-28. Tuesday: Favor with God and men. 1 Sam. 2: 18, 19, 26. Wednesday: A prophet of the Lord. 1 Sam. 3: 19-21. Thursday: A faithful judge. 1 Sam. 12: 1-5. Friday: Reproving the king. 1 Sam. 15: 22-29. Saturday: Sorrowing for the king. 1 Sam. 15: 34, 35.

Each month brings to us the study of some Bible hero. Last month it was a soldier; this month a prophet. One charm of this story is that it begins with the childhood of Samuel. Connect the last topic with this by speaking of the great benefit and influence of a praying mother. Those Juniors who have such, have a double duty of honor to parents. As for those who are not so happy, tell them that God is our Father, He will lift up the beggars from