power to resist, and without a scrap of shelter, he haid himself down among his slicep to sleep and die, for he was sure he would never more wake on earth. With a smothered prayer for help he fell asleep, and, as he lay there, more sheep came and huddled around him. Strange indeed as it may seem, the warmth from their bodies kept him from being frozen to death. A party from home went in search of him, and they found him surrounded by a dozen old sheep, whose instinct saved his life. In keeping themselves warm they had kept warmth and life in him. And he lived many years to tell this anecdote of his boyhood's peril

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# Sunbeam.

TORONTO APRIL S, 1899.

### SEEK YE FIRST.

I am glad dear children, to know that there are so many "Little Workers" in the missionary cause; glad, too, that you have a paper all your own; and that you are learning not on'y of the work and its needs, but how to carry it on. These privileges were denied us who are older. who are mothers and housekeepers have had to inform ourselves on the great subject of missions amidst the cares and responsibilities of life. You are being trained to the work, and thus you will be saved the embarrassment consequent upon ignorance. I would be glad to know that every little missionary worker was truly

While you are sending the Gospel to others, have you each one accepted it for yourself? "Except a man be born again, he cannot see the kingdom of heaven." "They that seek me early shall find me." "Remember now thy Creator in the days of thy youth." "Seek ye first the kingdom of heaven." All these admonitions ing careless and indifferent; they are not are found in the Bible.

We need Jesus every step of the way in this life, as our Guide, Protector, Comforter, our ever-present Help.

### ESTIE'S GHOST.

They had not intended to stay out in the Short Hills so long, but the spring sunshine was bright and warm, and the first thing they know, down went Mr. Sun behind a high hill-top, and lo! right away it was twilight.

"Ho' forward, march '" cried Heinrich. He was the tallest of the five children, and mother had put him in command of the party. "We must get out of this," said Captain Heinrich, and he put them all in line of march, single file.

But before they came in sight of the

village Estic stopped short and hung back.
"I see a ghost," she whispered.
"A ghost indeed!" said Heinrich, laugh-"there aren't any ghosts, baby.

"But what is that old white thing?" asked Estie, her two feet planted firmly in her tracks.

Nobody could say just what it was, but Jonathan, who was a whole year younger than Estie, started boldly ahead. "I'm doin' home," he answered, "an' if I sees a dhost, I'll dive him some flowers, an' den he won't hurt me.'

They couldn't let Johnny go home alone, so they all followed, even Estie, hanging back and hiding her eyes.

It wasn't a ghost of course, because, you know, there are no ghosts: it was only a white cow lying across the path chewing her cua

But mamma said, when they all got home, that Johnny's plan was a very fine one, and that all along the path of life, if we would give flowers and gentle words and kindness to the bugbears we met, they would be very likely to prove as peaceful as Farmer Clark's old white cow.

### PERSONAL EFFORT.

The Sabbath-school teacher should not feel as though he had done his whole duty by simply going through his routine of work during the Sabbath-school hour. It is certainly necessary and beneficial to do this faithfully and well; but unless it is followed up by earnest personal effort with individual members of the class during the week, a great blessing will be

Become acquainted with your scholars, and show an interest in their welfare. one or more of them are absent from the school, make it a point to find out the reason for it before next Sabbath. They may, perhaps, be sick, and a friendly visit from the teacher may do much good and be highly appreciated. Or they may have become much discouraged from some reason or other, and your visit to them may be the means of bringing them light, hope,

very punctual in their attendance, and able.

their lessons are not well learned. A visit to them is certainly in place, and you may succeed in arousing their interest answ in their work. Still better it would be under such circumstances to meet with the whole class some evening to look over the lesson with them, and to show them how to study and become interested in the word of God.

What opportunities for good such occasions present. Teacher and scholars become acquainted with, and learn to feel an interest for, each other. An interest is created in the study of the Bible, and the teacher finds opportune moments when a word spoken for Christ may lead some unconverted one to God.

Let us then watch for opportunities to do good, and improve them. If we work with the spirit of Christ and with a love for souls, the Master will bless our efforts to the good of those around us, our own souls will be watered, and we shall reap a rich reward in the kingdom of God.

## WHAT IF YOU ARE LITTLE?

Little people and little things have often been used to do great good. This big world is made up of little grains of sand; the great sea is composed of small drops of water; the little bee, which you no doubt have watched humming about the flowers in your garden, little by little gathers much honey.

So do not be discouraged, children, because you are little, nor talk only of doing this or that when you are big. A little star shines brightly away up in the sky on a dark night, and yet it may be the means of saving many seamen from ship-wreck; and little Christians may do a great deal of good in the world if they

Baxter became a Christian when a mere child; Polycarp was converted at nine, Matthew Henry at eleven, Robert Hall at twelve: Spurgeon joined the church at fifteen, was preaching at seventeen, and he testified that of the multitude of children he had received into the church none had become backsliders.

## TRAINING CHILDREN IN BENEVOLENCE.

Parents have a mighty responsibility in this direction. The work cannot be done by making a child merely the bearer of a contribution to the Sabbath-school treasury; nor yet by teaching the child that if he will do a certain thing or yield a certain privilege, he can give a certain sum to a certain object. Children should be taught the duty and privilege of giving, and the responsibility should be on them early of denying themselves for the performance of this duty and the attainment of this privilege, that out of their allowance or possessions of gifts or earnings they may give unto the Lord that which they before counted their own, and for the use of which they must finally be answer-