

plate. Keep the shield of faith well tempered. Remember what a decided advantage you have over the enemy in the superiority of your weapons, in the infinite skill, and wisdom, and power of your Commander. Jesus is the Captain of your salvation. Listen to his voice. Obey his word of command, and take courage. O let your attitude be one of resolute defiance against the encroachments of the foe.

"I challenge all the world," the archfiend cries,
 "To do me battle, and who dares defy
 The hosts of hell?" While swiftly to assail
 defenceless man,
 He earthward sweeps with his attendant train.
 But, conscious man looks up to God in prayer,
 And, fronting the bold fiend, exclaims, "I
 dare!"

Yes, friends, dare him to do his worst,
 and in the strength of your Captain you
 shall prove yourselves more than con-

querors. And then think of the reward that shall be yours. "Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out." He that overcometh shall inherit all things; and I will be his God, and he shall be my son." What a glorious anticipation for the victorious soldier. Then none of those fiery darts will trouble you. Your depraved nature will have gone, and you will be pure and spotless as the Lamb Himself. The allurements of the world will be lost in the dazzling brightness of all things around you. The whinings of cares will be drowned in the Hallelujahs and the Hosannas of praise. "Worthy is the Lamb that was slain, to receive power, and riches, and wisdom, and strength, and honor, and glory, and blessing." Amen and Amen!

REGRET

When I remember something which I
 had,
 But which is gone and I must do
 without;
 I sometimes wonder how I can be glad
 Even in cowslip time when hedges
 sprout;
 It makes me sigh to think on it, but
 yet,
 My days will not be better days should
 I forget.

When I remember something promised
 me,
 But which I never had, nor can have
 now,
 Because the promiser we no more see
 In countries that accord with mortal
 vow,
 When I remember this I mourn, but yet
 My happier days are not the days when
 I forget.

—Jean Ingelow.