

must have in it some pain as well as pleasure. If you are of heroic spirit this news will not daunt you; indeed, the very struggle through which you will pass will strengthen the purpose of your heart.—*Rev. Charles B. Mitchell, D.D., from "The Noblest Quest."*

A Bad Temper

When something tempts you to grow angry do not yield to the temptation. It may for a minute or two be difficult to control yourself; but try it. Force yourself to do nothing, to say nothing, and the rising temper will be obliged to go down, because it has nothing to hold it up.

The person who can and does control tongue, hand, heart, in the face of great provocation, is a hero. The world may not own him or her as such; but God does. The Bible says that he that ruleth his spirit is better than he that taketh a city.

What is gained by yielding to temper? For a moment there is a feeling of relief; but soon comes a sense of sorrow and shame, with a wish that the temper had been controlled. Friends are separated by a bad temper, trouble is caused by it, and pain is given to others as well as self. That pain, too, often lasts for days, even years—sometimes for life.

An outburst of temper is like the bursting of a steam boiler; it is impossible to tell beforehand what will be the result. The evil done may never be remedied. Your temper is not worth keeping alive. Let it die.

Church Attendance

Let parents and Sunday School workers be admonished that they are failing in their duty to Christ and the Church unless they indoctrinate the young with the truth that church attendance is as needful for the young as for the old. It must be kindly emphasized that Bible instruction imparted to children by earnest but superficial and immature Sunday School teachers cannot stand as a substitute for the pulpit exposition of the Scriptures by an ordained and trained minister of the gospel. Neither can the Sunday School supply the atmosphere generated by divine worship in the house of God.

Moreover, church attendance inculcates the three R's, so essential to moral culture—Reverence, Righteousness, Responsibility. Neither the public school nor the Sunday School can take the place of this higher instruction. Let the family pew in the church be a family pew in deed as well as name, with the entire household in it every Sunday.—*Daniel H. Martin.*

Kindness

The ministry of kindness is unceasing. It keeps no Sabbaths—it makes every day a Sabbath. It fills all the days and all the nights. In the true home it begins with the first waking moments in the morning, in pleasant greetings, in cheerful good wishes; and then it goes on all day in sweet courtesies, in thoughtful attentions, in patience, in self-denials, in obligingness and helpfulness. Out in the world, it goes everywhere with its happy cordiality, its gladness of heart, its uplifts for those who are discouraged, its strengthening words for those who are weary, its sympathy with sorrow, its interest in lives that are burdened and lonely.—*Foreward.*

On the Other Side

The story is told of a woman who had a rare rose-bush. She watched and worked over it for weeks, but saw no result of her labor. One day she saw a crevice in the wall near the bush, and running through the crevice was a tiny shoot of her rose-bush. She went to the other side of the wall, and there she found her roses blooming in all their splendid beauty. Some of us have to work on year after year, seeing no results of our labor. To such comes this message: "Work on. Do not be discouraged. Your work is blooming on the other side of the wall." There is no such thing as wasted time or labor if we are serving Jesus Christ.

Sin must not be tolerated in our pleasure any more than in anything else.—*Rev. S. Chadwick.*

Measured to Our Strength

We never have more than we can bear. The present hour we are always able to endure. As our day, so is our strength. If the trials of many years were gathered into one, they would overwhelm us; therefore in pity to our little strength he sends first one, then another, then removes both and lays a third, heavier perhaps than either, but all so wisely measured to our strength that the bruised reed is never broken. We do not enough look at our trials in this continuous and successive view. Each one is sent to teach us something, and altogether they have a lesson which is beyond the power of any to teach alone.—*H. E. Manning.*

Striking Sayings

I believe this century will witness the greatest extension of Christ's kingdom on earth the world has seen.—*Rev. J. Scott Lidgett.*

If men would take twenty minutes a day to think of spiritual things they would not be so careless of their cultivation.—*Rev. E. Lloyd Jones.*

Men can make money and plenty of it without God; men can acquire learning without God; but character cannot be formed without God.—*Rev. H. J. Birtwistle.*

That minister makes a fatal mistake who fails to cultivate the missionary spirit in his own heart, for if he gets it in his own heart he will get it in his church.—*Dr. Ambrose Shepherd.*

The praying saint is not an enemy treating with an enemy, nor a culprit treating with an executioner, but a child treating with a Father who will not refuse him any good thing.—*Rev. J. Ossian Davies.*

The man filled with the Spirit sees sin to be devilish and damnable, because it insults heaven and threatens to wreck the universe.—*Dr. Campbell Morgan.*

All the great revivals of religion in the history of the Christian church have been connected with the reaffirmation of the great evangelical verities.—*Dr. Garvie.*

The golden key of the door of life is character, and the first great duty of the school is to develop and form an improved character.—*Mr. J. H. Yocall, M.P.*

Hymns You Ought to Know

XII.—Faith of Our Fathers

Faith of our Fathers! living still

In spite of dungeon, fire and sword:

O how our hearts beat high with joy

When'er we hear that glorious word!

Faith of our fathers! holy faith!

We will be true to thee till death!

Our fathers, chained in prisons dark,

Were still in heart and conscience free:

How sweet would be their children's fate,

If they, like them, could die for thee!

Faith of our fathers! holy faith!

We will be true to thee till death!

Faith of our fathers! we will love

Both friend and foe in all our strife:

And preach thee, too, as love knows how,

By kindly words and virtuous life:

Faith of our fathers! holy faith!

We will be true to thee till death!

—*Frederick W. Faber.*