captain inside of me? Grandfather asked me what I meant to be when I grew up to be a man, and I told him 'a soldier.' I meant to stand up straight, hold up my head, and look right ahead. Then he said I was two boys, one outside, and one inside, and unless the inside boy stood straight, held up his head, and looked the right way, I never could be a soldier at all. The inside boy has to be captain and drill the outside one." (Sunbeam.)

The Enemy—We'll "make believe" we are soldiers. Our great enemy, Sin, is near us.

The Captain's Order—"Halt!" cries the Captain, when the enemy is in sight. That means stand still, get ready for further orders (All the little soldiers stand). "Attention!" (Heels together, hands at side, eyes front.) Listen to the order of our Great Captain. "Cast off the works of darkness" (Any act we would like to hide).

Works of Darkness—Did you ever hear a boy or girl say, "Oh! don't tell mother;" "Don't let father see you doing that." Beware of these little "deeds of darkness." Don't listen, and don't do anything you cannot tell mother. Let us write the names of some of the "works of darkness" about which Paul warns us—crossness, unkindness, untruthfulness, naughty words, dishonesty, strife, envy, cruelty, drunkenness.

The Armor of Light-Our Captain tells us how to defend ourselves from the enemy. "Put on the armor of light", is the order. (See Eph. 6: 13-18 for description of the armor.) Beside the picture or outline, write "The whole armor of God." "Truth." girt about the loins-" walk honestly as in the day." "Righteousness," the breastplate-"put on the Lord Jesus Christ." "Peace," covering the feet-"love worketh no ill to his neighbor." "Salvation." the helmetthe crowning safe-guard. The "Sword of the Spirit" in the right hand-the word of God. The "Shield of Faith" in the left hand. Now, our soldier inside of us with this armor on can withstand all the fiery darts of the wicked.

The Orders-What are they? "Retreat!"
"Right about face!" "Forward, march!"
Turn away from temptation, from bad companions, from all that is wrong. Turn to all that is right.

The Ammunition—What is our ammunition? Love. Jesus fills us with love that will help, not hurt, others.

The Battle Hymn—Sing the chorus of the children's battle hymn—

Ask the Saviour to help you, Comfort, strengthen and keep you; He is willing to aid you, He will carry you through.

BLACKBOARD REVIEW

PUT off on

We all admire such a gallant band of soldiers as our Canadians who fought seven to one at the Hart River, but would not surrender. It is no easy thing to be a good soldier. He must "put off" and "put on "—put off his common, everyday clothing, and put on the rough khaki, which helps to make him invisible to his foes and will stand the wear and tear of the march; put aside hammer, or plane, or plough, and put on haversack and bandolier and rifle. But this change of clothing and of implements is only the beginning. A good soldier must put off self-will and put on obedience; put off fear, and put on courage; put off all softness of life, and put on hardness; put off selfshness, and put on love of country and of duty. Apply this illustration in simple and direct ways to the Christian soldier in the battle with his own sins, and in fighting Christ's battles in the world.