

A Useful Sabbath.

One very simple and effective way of finding out what you are doing with your Sabbaths is to find out what your Sabbaths are doing for you. It is not so much a question of whether this particular occupation is right and that one wrong, whether you may go here or may not go there, but of what the day brings to you, body and soul. Circumstances vary, temperaments differ, and no one can be a law unto another, but the law of Sabbath rest is for all men. It is older than the tables of stone—as old as human need.

If you find that your Sabbath has made your faith clearer and your heart more tender; if it has quickened good impulses and awakened higher aspirations; if it has made family ties closer and God and heaven seem nearer; if you look forward to Monday's tasks with fresh courage and a desire to be more helpful to all about you—then the Sabbath has fulfilled its blessed mission for you. But if it brings none of these things, then, whether you have spent it in so-called recreation or in church-going and Bible-reading, be sure of this—you have profaned your Sabbath.—Selected.

Fly True Self,

BY REV. G. CAMPBELL MORGAN.

I am only able to exert the influence of my true self. How many a man imagines he can influence his neighbor by what he says to him! He cannot. How many a man dreams he can influence children by the precepts that fall from his lips! Child-life is never so influenced. How many a man imagines he can influence his children, friends, neighbors, acquaintances, by what he desires they should think him to be! No man does so influence any of his fellows. How many a man, for many long years, has kept up an outward appearance of morality and respectability, yea, even of religion, while his heart has not been cleansed; and in the deep recesses of his nature there have lurked, dominating all the impulses of that life, things low, and base, and impure! Tell me, how has that man influenced other men? Has he influenced them by what he has appeared to be, or by what he has really been? Witho it a woman's hesitation, I assert he has influenced men by what he has been within himself. Not by the appearance which was a lie, but by the business which was the truth of his life has he influenced children, and friends, and acquaintances.

Prayer.

Our heavenly Father, we desire to recognize Thy mercies to us, the bounties of this day, and of every day. Thou hast commanded Thy sun, and all the bright hours of the day, to serve us. Ever Thy messengers fly swift hither and thither, by a thousand laws, fulfilling Thy thought. And so we stand in a net-work of divine mercy. Thou dost not need to think after our human fashion, for Thou has organized Thy thought. Thou has turned the whole world into a vast economy of goodness, and kindness, and mercy. Grant unto us, we beseech Thee, that knowledge by which we may see Thy presence in all things; open to us all the avenues to Thee and to the abundance which Thou hast in store for them that love Thee. Help us to practice Thy presence in our daily lives, doing all things as in Thy sight and for Thy glory. So may we grow strong and glad in Thy service. And this we ask in Jesus' name. Amen.—Selected.

Our Young People

Samuel's Call.

Topic of April 27—1 Sam. 3: 1-21.

Our Leader Speaks.

What is it to hear God speak?

One way, certainly, is the way Samuel heard Him speak, just as he would have heard Eli speak, or any other man.

Why is it we do not hear God speak in that way at the present time?

Because God is a spirit, and wants us to meet Him on a spiritual plane. In the early days of the world, before men knew as much about God as they know now, it was necessary for God to show Himself in many ways as a man. That was why Christ came as a man, to bring God near to our understanding.

How does God speak to us nowadays?

He speaks to us in ways that are far more real, direct, and effective than in spoken and heard language. He speaks to our inner minds, our consciences. We cannot close our ears against this voice. We cannot run away from it. It becomes a part of us, it enters into our spirits.

What is meant by a "call from God"?

Any impression that God puts upon our consciences, telling us to do something for Him.

How can we tell whether it is a real call from God, or only our fancy?

We can tell just as we can tell whether a certain call is the voice of our friend or of a stranger. If God is a stranger to us, we cannot tell; but if we are in the habit of listening to His voice, if we have long hours of spiritual communion with Him, if for months and years we give heed to what He has to say to us, we shall be far more familiar with His voice than any voice of earth, and we shall love to hasten and obey it. Thus we may have the exact experience that Samuel had, in a way even more real and blessed than his.

Daily Readings.

Mon.,	April 21—The child's study.	Ps. 34: 11-22
Tues.,	" 22—The child's purity.	Ps. 119: 9-16
Wed.,	" 23—The child's honor.	Prov. 3: 1-6
Thurs.,	" 24—The child's humility.	Matt. 18: 1-6
Fri.,	" 25—The child's duty.	Prov. 6: 3-23
Sat.,	" 26—The child's kingdom.	Mat. 13: 15
Sun.,	" 27—Topic. Samuel's call. 1 Sam. 3: 1-21.	

(Union meeting with the Juniors.)

Suggestions.

Samuel was the greatest of the Hebrew leaders, next to Moses. His greatness began with his mother. If it had not been for Hannah's faith, we should very likely not have had Samuel's obedience. Let those who are inclined to be proud of their accomplishments in this world, remember how much of it they owe to the characters of their fathers and mothers.

Samuel teaches us not to shirk a thing because it is hard. He might easily have made excuses for not taking the disagreeable message to Eli. Eli was his friend; he was too young to reprove an old man. But he did not shirk his duty, though it was hard, and so he became the leader of the nation, and a greater one than Eli.

Ruskin uses a striking comparison to teach us the need of teaching children early in the way of God. He bids us take a beautiful vase of Venetian glass, red hot from the

furnace, strew chaff upon it, and then let it cool. What chance will you have in restoring that vase to its transparent loveliness again? Then do not expect a child, fresh from heaven, to receive the chaff of worldliness, and then get back again, in this world, the glories of heaven.

The keeper of a lighthouse on the coast of Cornwall went ashore one day and was seized and held a prisoner by a band of wicked men. They thought that thus they would prevent the lighting of the light, and ships would be dashed upon the rocks, and then they could get the spoils. But they forgot the little daughter of the lighthouse keeper. When it came time, all alone and frightened as she was, she climbed the long stairs, and lit all the lights. Any call to duty like this is such a call as Samuel heard.

Into Thy Hand.

BY REV. JOSEPH PARKER, D.D.

"A double-minded man is unstable in all his ways." He is wavering and hesitating and trembling; he is neither on one side nor on the other, and the issue is emptiness, barrenness, nothingness, shame, disappointment, perdition! Here, then, we wait for the supreme miracle. Self-extinction is the beginning of self-realization. We pass to the Crown by way of the Cross. Other way—hear thee, believe thee; hear history, believe history—other way, there is none. Let this be the motto of every day; let this be the legend on every soul; let this be the epitaph on all sepulchral marble: "Into thy hand I commit my spirit."

Let Us Believe.

Let us believe

That there is hope for all the hearts that grieve;
That somewhere night
Drifts to a morning beautiful with light,
And that the wrong—
Though now it triumphs, yields no sceptre long
But Right will reign
Torn where the waves of Error beat in
vain!

—Frank L. Stanton.

The little things in life I love—

A song, a word, a smile,
An hour of happy blue above
'Neath which I walk the while.
For at the best, though be our state
The peasant's or the king's,
This life is a mosaic, great—
But made from little things.

Just One Trouble.

An old Scotch fisherman was visited during his last illness by a clergyman wearing a close-fitting clerical waistcoat, which buttoned behind. The clergyman asked the old man if his mind was perfectly at ease.

"Oo, ay, I'm a' right; but there's just ae thing that troubles me, and I dinna like to speak o'."

"I am anxious to comfort you," replied the clergyman. "Tell me what perplexes you."

"Weel, sir, it's just like this," said the old man, eagerly. "I canna for the life o' me mak' oot hoo ye manage tae get intae that westkit."