

The only true and sound advice to all we find in God's Holy Word, "Let not your right hand know what your left hand doeth;" how many thousands have lost their best opportunities, their situations, their business, and sometimes, as in these cases, their life through not taking this advice.

We rise early at sunrise, having had no sleep in the cold night air, and hungry and faint, for in four and one-half days we had no food but the wet handful of bread.

We walked on till 10.30 in the direction of the lighthouse, and without notice I dropped on my knees, the feet and ankles had been so strained they gave out. I could proceed no further. Mr. Scott, the man who lost his wife in the sea, he thought I had dropped to die, and wanted to stay by me at the risk of his own life, but I wanted him to go on with the rest to the lighthouse. I told him I was just as near heaven on those rocks as I would be in Toronto, and that God, who has de-