

*IT SOON DIES.*

THE fire un replenished with fuel soon expires. In like manner the spiritual life, unsupported by prayer and meditation, becomes a feeble, fluctuating, expiring flame. Hence comes the need to every disciple of a sort of a Sabbath hour taken from wordly thoughts every day and given to devotional meditation on some great fact in the life of Christ, or on some pregnant words from His sacred lips as found in Holy Scripture. Such fact or truth resolutely held before the mind until it penetrates and melts the heart is as oil to the lamp. It moves the affections Godward, quickens the conscience, strengthens the soul in its purpose not to be overcome by the spirit of the world, and begets that spirit of voiceless prayer by which the believer retains his consciousness of the Divine presence amidst the stir and bustle of life's secular duties. The experience of the Church universal, as well as common sense, teaches that "without something of this meditative habit it is impossible to lay living hold of the first truths of morality and religion."

*FRESH START IN LIFE.*

How many of these we have, and what helps they are in our journey heavenward! Every morning is an opportunity to begin again. It is a new start. We forget our failures and discouragement of yesterday, and with fresh hopefulness enter upon the untried ways before us. Sundays are weekly starting places. Our souls gather themselves up, as it were, on these days of rest for

more faithful efforts in the future. A new week is before us. The past one is marked with many failures. We will try again in Christ's strength now, and profit by past experience.

The summer is ended. Our time of rest and recreation is over. We return to our homes and our work with fresh energy and hopefulness. Perhaps through these summer days God has been showing us how little we have done in the past, how much we may do in the future. And we have returned ready for work. God grant that it may be so with us all. There is work to be done everywhere, God's work, but the laborers are few. The work that lies nearest to us, the opportunities at hand, are our work and our opportunity. We must begin where we are, and work outwards. Close to every life are many lives, and therefore endless opportunities for service. It makes less difference where we are than what we are. For, as it has been said, "there is plenty of work wherever there are sin and sorrow." What we most need are hearts ready for work. The work will always be ready for us. "Arise, therefore, and be doing, and the Lord will be with thee."—*Parish Visitor.*

*THE POWER OF PRAYER.*

THE following anecdote was related by the Bishop of Truro at a recent meeting: He would give, he said, just one instance of the power of prayer. One Saturday night, in his Parish in London—on the following Thursday they were to set apart a Church for the glory of God in a poor district of the