QUICK TRAINS.



HE first train leaves at six P M., For the land where the poppy blows; The mother dear is the engineer, And the passenger laughs and crows.

The palace car is the mother's arms; The whistle a low, sweet strain; The passenger winks, and nods, and blinks, And goes to sleep in the train.

At eight P M, the next train starts For the poppy land afar, The summons clear falls on the ear, " All aboard for the sleeping car!"

But what is the fare to poppy land? I hope it is not too dear: The fare is this - a little one's kiss-And it's paid to the engineer.

So I ask of Him who children took On His knee in kindness great, "Take charge, I pray, of the trains each day, That leave at six and eight.

"Keep watch on the passengers," thus I pray, For to me they are very dear :

"And special ward, O gracious Lord, O'er the gentle engineer."

THE BOOK OF LIFE.



MOTHER!"exclaimed mylittle Jeanie, running to me in an ecstasy of delight; "see what a beautiful book Father has given me! And only see, Mother, my name is written in it, so everybody will know its mine, and nobody can

rub it out!"

Like the lightning's flash came into my mind our Saviour's words: "Rejoice, because your names are written in heaven.'

"Mother, do you know why Father gave this book to me?

"No, Jeanie, I have forgotten."

"Why, don't you recollect, I always said wait a minute, when you told me to do anything; and he said, if I wouldn't say it for one whole month, he would give me something; but I didn't think it would be anything so beautiful as this book."

"It is a very pretty book, Jeanie, but I know of one more beautiful, in which I trust my darling's name will be written."

"O Mamma, what sort of a book is it? What

is it called?"

"Our Saviour called it the Book of Life, and He said we must rejoice over our names being written in it more than over anything in the world."

"Is everybody's name written there, Mam-

"No, my darling, only the names of those who love Jesus while they are on earth, and try to serve Him."

"How can I serve Him, Mamma? I don't

know anything I can do for Him."

"Yes, my child, you can do something for Him every moment in the day. Kind words, little things done because we love Christ—in all these we serve Him. This morning, Tommy asked you to help him tie his wagon; you refused, saying you were in a hurry, If you had given up your own pleasure and helped him, because Jesus says we must love and be kind to each other, you would have served Christ.'

"O Mamma, I didn't know such a little thing

as that was serving Christ.'

"Why, my daughter, have you forgotten what Jesus said of the cup of cold water, given for His sake? Our lives are made up of little things that happen every day, and what we do for Christ's sake is put down in His Book of Remembrance. You overcame a bad habit for the reward of this pretty book; remember that Jesus promises all the glorious things of heaven to every one that overcomes temptation and sin, and serves Him truly."—Selected.

CATCHING THE SUNBEAMS.



ITTLE WILLIE laughed and clapped his hands and then stretched them out to catch the pretty sunlight that streamed in upon his bed in the crib. All the children laughed, and Charley said, "Silly baby." "Not so silly, after

all; it's a very pretty thought," said mamma. "It's what God wants all His children to docatch the sunbeams. Look at baby's face and see." And, sure enough, the little fellow had bent his head forward until the golden light was on his rosy cheeks and bright curls. "I think I know what mamma means," said Louie, looking into the baby's laughing face. "She means catch the—the happy, and be glad instead of cross." "That is it," said mamma. "There is happiness all around us. If we try to catch it for ourselves and make others happy, too, will not that be like sunshine? Yes, and if things do not go just right, we can call it cloudy weather. But we can be cheery, and so make sunbeams."

What gift can we make to God so worthy, so acceptable to Him, as ourselves, our souls and bodies, to be used always and only in His service? He asks for them; He longs for them; He needs them. He asks not only for our hearts, but for our bodies too, with all their young strength, their bright life, their joyful Do not keep them back from Him. Give Him the service of your lips, your hands, your feet. Whatever you do, do it for Him. Let your feet walk only in His ways. Let your hands grow skilful for Him, your voice sweet to sing His praise. Let nothing that is wrong, impure, unholy tempt you from Him; but be His wholly, in thought, word, and deed.