

before their operations, "Jesus have mercy on me."

Faith in Him is precious for other purposes than as a motive power to service. More than once I have had to go to the door of some tiny cottage; within was a happy wife, a loving mother, and prattling babes; the humble surroundings of the home have eaten into my soul, as they cried out of the hard toil and the loving care of him on whom even the bare necessities of life depended. For I was there to carry the news that the strong hand that toiled would never again bring help and comfort, that the brave heart which meant all the world to these helpless ones was lying silent in death. At that moment, if ever, I have known what faith in Jesus Christ meant, both to me and to others, a knowledge I can personally only lose when for me also all the apparent paradoxes of our human life shall be solved, or silenced, by our last grim enemy or friend.

EXERCISE ESSENTIAL

I have said nothing about the rationality of using the will-power to maintain our faith, the determination to keep it. It seems to me just as rational as a determination to keep anything else at all cost. Faith is a living thing, and will die if its environment is permitted to become incompatible. This is in our control, and that control must be exercised. Faith's immediate environment is body, soul, and spirit; and their health means its health, and their health depends on their environment. Too much fasting or feasting will undermine the health of each of