

bemoaning your humble lot and many trials, go quietly to the home of a stricken family and seek to comfort them, and you will be surprised as you return to find that there is a new song in your mouth.

Another step toward happiness and holiness is to allow the habit to have full sway until it is inwrought in the character and life and becomes a spiritual grace. Then forgetfulness will reach a still higher stage in your life. Then you will learn to do good by stealth. There is no sweeter service than to be engaged in the lower ministries of grace, helping the aged, the poor and the fallen, and going about without any announcement to speak words of comfort and lend a helping hand. To enter a home with a smile, to cheer a weary heart or to grasp the hand of a man in trouble and leave a gift of love, and then to slip away before there is an opportunity for profuse thanks, is a work worthy of angels. Then you will do good and forget that you have done it. To do this is the secret of happiness. Steal forth into the world and speak your message, and then close your lips to all about the good you have done. After you have written a letter which has encouraged a fainting soul and turned the life of a man into a new channel of hope and grace, keep silent about your service, and forget that you have