

TOO GREAT A RISK.

A young girl who had recently united with the church went, shortly after, to spend several weeks with friends who made no profession of religion. No one interfered when she wished to attend service, about her, so far as outward observance, to shock her sense of right. The small omissions which she could but notice she was inclined to pass over lightly.

At length, however, some of the young people about her, who prided themselves upon their "liberty of thought," suggested the reading of certain books. These books were very different from the young girl's ordinary reading, but she wished to know what was in them, and so, out of mere curiosity, as she afterward acknowledged, she read the skeptical views of various authors.

Alas for the result! Doubts and questionings, which were fostered and strengthened by the unbelieving atmosphere around her, soon beset the young Christian. Faith and hope were clouded, conscience was dulled, and, worst of all, a certain apathy was induced, which hindered any vigorous struggle against the deadly influence.

While it is true that no matter what assault is made against the faith of a Christian, "God is able to make him stand," it is likewise true that when a young believer with character unformed, and a nature susceptible, allows himself to come in contact with unbelief, he puts into the tempter's hand a weapon from which his soul may receive a mortal hurt.—*Forward.*

HOW TO READ THE BIBLE.

Martin Luther used to teach his children to read the Bible in the following way: First, to read through one book carefully, then to study chapter by chapter, then verse by verse, and lastly word by word; for he said: "It is like a person shaking a fruit tree—first shaking the tree and gathering up the fruit which falls to the ground, and then shaking each branch, and afterwards each twig of the branch, and last of all looking carefully under each leaf to see that no fruit remains." In this way, and in no other, shall we also find the hidden treasures that are in the Bible.—*Forward.*

EXERCISE AND LONG LIFE.

All authorities who have treated on longevity place exercise, moderately and regularly taken, as one of the main factors of a long life. That there are many exceptions does not alter the fact that physical exercise is as useful in keeping one healthy as it is in prolonging life. Good walkers are seldom sick, and the same may be said of persons who daily take a certain prescribed amount of exercise. Exercise is both a preventive and a remedial measure. The relation of exercise to health is as true in the moral and spiritual, as in the natural, world.

CAPABLE OF ANYTHING.

It is often said of bad men that they are capable of any wickedness; but this is true of all of us. We hear of a professing Christian or an energetic philanthropist or a refined scholar committing a disgraceful and loathsome crime, and we say in astonishment, "That's the last man in the world I would have expected to do such a thing."

That is just why he did it. Thinking that he never could commit so base an act, he did not guard against it, and so was overtaken in the fault.

We are only safe when we continually realize the awful capacity for vice there is in us, and that without the grace of God we may any day commit crimes at which now we shudder. Vouchsafe, O Lord, to keep me this day from sin. Take not Thy Holy Spirit from me, and make me charitable to those who have sinned in ways in which I have not but might have sinned.—*The Quiver.*

"AS ONE WHOM HIS MOTHER COMFORTETH."

At a summer resort, not long ago, a clergyman and a lady sat on the piazza of the hotel. The lady's heart was heavily burdened, and she talked of her sorrows to the aged minister, who tried to lead her in her hour of need to the Great Comforter.

His efforts seemed to be in vain; the lady had heard all her life of the promise that if a tired soul casts its burden on the Lord it will be sustained, no matter how heavy that burden may be, but she seemed to lack the faith to thus cast herself upon the Lord.

A half-hour afterward a severe thunder-storm came up in the western sky. With the first flash of lightning the mother jumped out of her chair and ran up and down the piazza, exclaiming: "Where is Freddie? Where is Freddie? He is so terribly frightened in a thunder-storm I don't know what he will do without me."

In a few moments afterward her boy came running up the walk, almost breathless, and his face plainly showing the great fear that was in his heart. "Oh, mother," he exclaimed, "I was so frightened, I ran just as fast as ever I could to get to you." The mother sat down and took the frightened child into her arms. She allayed his fear and quieted him, until his head rested calmly on her loving heart.

The good minister stepped up gently, and putting his hand on the mother's shoulder, he whispered: "As one whom his mother comforteth, so will I comfort you. Isaiah lxi. 13.

"I understand it now," she replied, as she looked up with tearful face. "I did not trust Him as my boy trusts me; but now I will throw myself into His arms as a little child, and remember His promise, 'As one whom his mother comforteth, so will I comfort you.' I never felt the depth of divine love as shown in that promise before."—*E. r.*