

the boat ; He looks nearer fifty than thirty years old, and another's strength must bear the Cross to Golgotha ; there is a sure ring of fellowship in the voice with which He calls the weary and the heavy-laden to Him ; and only in the bitterness of death does He look upon His work and say that it is finished.—Certainly, brethren, however overwork may seem to mar the grace and comeliness of our lives, it cannot rob them of the glory of our Master's likeness."

GUARD YOUR THOUGHTS.

THOUGHTS are words, words are deeds. Sin begins in the heart. If you keep your thoughts pure your life will be blessed and blameless. The indulgence of sinful thoughts and desires produces sinful actions. Never allow yourself to pause and consider the pleasures or profit you might derive from this or that sin. Close your mind against the suggestion at once, as you would lock and bolt your doors against a robber. If Eve had not stood parleying with the devil and admiring the beautiful fruit the earth might have yet been a paradise. The heart is first corrupted by wicked thoughts.

How can a man trust in his own righteousness? It is like seeking shelter under one's own shadow. He may stoop to the very ground, and the lower he bends he still finds his shadow is beneath him. But if a man flee to the shadow of a great rock or a wide-spreading tree he will find abundant shelter from the rays of the noonday sun. So human merits are unavailing,

and Christ alone is able to save to the uttermost those who come unto God by Him.

"LET YOUR LIGHT SO SHINE."

AN earnest and godly minister relates the following incident, and gives us the lesson which it teaches :

During a voyage to India I sat one dark evening in my cabin, feeling thoroughly unwell, as the sea was rising fast and I was a poor sailor. Suddenly the cry of "Man overboard !" made me spring to my feet. I heard a tramping overhead, but resolved not to go on deck, lest I should interfere with the crew in their efforts to save the poor man.

"What *can* I do?" I asked myself, and instantly unhooking my lamp I held it near the top of my cabin and close to my bull's eye window that its light might shine on the sea and as near the ship as possible. In half a minute's time I heard the joyful cry, "It's all right ; he's safe," upon which I put my lamp in its place.

The next day, however, I was told that my little lamp was the *sole means* of saving the man's life; it was only by the timely light which shone upon him that the knotted rope could be thrown so as to reach him.

Christian worker, *never despond*, or think there is nothing for you to do, even in dark and weary days. "Looking unto Jesus," lift up your light ; let it "so shine" "that men may see" ; and in the bright resurrection morning what joy to hear the "Well done !" and to know that you have, unawares, "saved some soul from death !"—*My Paper*.