sometimes vapid and trivial, it is because their hearts are not engaged with the high and holy things which ought to occupy them. If Christ were to drop into your circle of friends would you change your conversation, as people sometimes do when a stranger enters the room? your eyes were opened to see Christ every time He is beside you, eating and drinking with you, how radiant would your life become. The secret of blessed fellowship is a daily surrender of your own wilfulness to the obedience of the will of Christ. The true maxim for a Christian is that so often given to a child, "Do as you are bid." He who has Christ as His constant personal friend can afford to be select in his ordinary companionships. As you journey with Him you may find that you are deserted by an earlier comrade, and you may be drawn apart from some early friendships into the lovelier fellowship of Christ Himself. If Christ is your inseparable companion you will grow curiously like Him. Your ideas and tastes will slowly become like those of the Master. He will subdue your habit of life to His own, and you will catch the contagion of the Spirit. If you live constantly with Christ you will find it easy to live for Him. If you walk with Him, keeping step, you will often be surprised with unexpected help over hard places on the road. Despair can never