

2. *Grace ran a race with Ada and came within an ace of winning it.*

Mary Hannah Smith sends the following texts from St. John's Gospel, as asked for in July issue :

John vi., 35—"I am the bread of life."

John viii., 18—"I am one that bear witness."

John x., 9—"I am the door."

John x., 11—"I am the Good Shepherd."

John xi., 25—"I am the resurrection and the life."

John xii., 46—"I am—a light."

John xiv., 6—"I am the way, the truth, and the life."

John xv., 1—"I am the true vine."

John xv., 5—"I am the vine."

Quiet Thoughts.

We have lately started out into life a goodly number of young people, some only children, others just growing into young women ; but all alike going out into the battle of life. We want them all to be *soldiers* of the King, to fight, gain victories, and at last to be more than *conquerors*. But, listen, girls (and boys too, if you will), to the following simple lines, written by Rev. J. Hudson :

I've heard of great battles, O mother dear,
Of battles on land and sea ;
And it makes me unhappy and full of fear,
That ever such things should be.

But the greatest battle, O mother dear,
That ever on earth has been,
And all about it I want to hear,
And where and when it was seen.

The greatest battle that ever was fought,
Do you wish little child, to learn?
In the history books it is not taught ;
To the map you will vainly turn

Far away from sight is that battle fought
In the depth of each human heart,
That wrestles with evil and will not yield,
But bravely bears its part.

In the effort to do what it knows is right,
To be faithful and true each day,
And remember to act as in God's
sight,

Whatever the result may be.

And dear little child, from your heart
Almost does the strife begin
For the greatest battle in all the world
Is the battle with self and sin.

And listen again to the words of the good Book : " He that is slow to anger is better than the mighty ; and he that ruleth his spirit than he that taketh a city." It is sometimes easier to take a city than to control one's self, especially if you are naturally hot-tempered and quick, or, on the other hand, inclined to be sulky. To take a city would bring renown and make men talk of us ; but who but God and ourselves knows of the struggles and the difficulty of this victory over ourselves? Our Queen gives the Victoria Cross to her soldiers who have done some heroic deed ; in the same way our King giveth to those who overcome " to be clothed in white raiment and to sit with Him on His throne."

You will remember the parable in which Jesus tells the story of two boys. Their father asked them to help him in his work. One said he would go, but did not. He did not fight any battle, or if he did he *lost* it. The other refused, but afterwards repented and went. What a battle he must have had ! But he *won* in the end. Do we not all know something of this struggle? We do not want to do a thing ; we want to do something else. Then comes the fight, and it is a hard struggle to trample our own wishes under our feet and to give in, and can only be done by the weapons of prayer and love. And this is one of the things which are much harder to do when you are grown up than when you are young. It will be harder to rule your spirit, harder to conquer self, harder to give you heart to Christ each year you live. But see to it that you are well armed (read Ephesians vi., 14 to 18), and then the issue is certain. And however hard and long the conflict, and however sharp and sore the wounds, " in all these things ye are more than conquerors through Him that loved us."

That this may be your happy repentance is the prayer of

A SEALED LIP.