his own enjoyments, except when he tells us that he "rejoiced in his tribulations," and rejoiced in his Lord always.

Now then, my friend, I have tried to set before you the two essential steps to your own salvation. They may be condensed into the single sentence: Quit your sins, and follow your Saviour. These mean repentance towards the God you have displeased, and faith towards the Lord Jesus who died for you. Sin would hold you back; cut it off. Christ would draw you to Him; yield and obe. When you give up a single sin to please Him, and do a single duty to honor Him, the work of conversion has begun. Begin to obey Christ. If when your heart gives way, a flood of joy comes with it, be thankful. If you experience no ecstasies, don't be disturbed; hold out steadfastly, bravely, and unselfishly to the end, and you will get raptures enough in the first hour of Heaven, to requite you for all the sharp trials and tough conflicts on the road. If two decisive steps make you a Christian, there will be one more step by and by, that will usher you into the resplendent throng of the crowned conquerors.

JUMP FOR THE ROPE.

The following story is familiar to many of our readers, but it illustrates so well the sinner accepting Christ that we give it again in the hope that it may lead some one to "Lay hold on eternal life."

The poor inhabitants of the Shetland Islands realize a scanty living by catching the sca-birds which frequent those islands in great numbers, and build and breed in the rocky cliffs or the shore. Their skin, feathers, oil, and eggs are of vast importance to the islanders, who in this manner pay their rent, obtain food and clothing, and secure lamp-light during the long winter months. The catching of these birds is often accompanied with great danger. A true incident will help us in the illustration of our subject.

A birdeatcher went alone one day on his perilous enterpaile. Fastening a rope to a stake at the top of the cliff, he let himself down to a ledge of rock, and, in his eager pursuit of birds, neglected the usual precaution of tying the rope round his body. Holding one end of the rope in his left hand, he went farther than he

ought, and in his ardour lost the rope. It swung backwards and forwards for a minute or two, and then came to a stand some distance from his reach.

What was to be done? To climb the overhanging rock was impossible. cry aloud was useless, for no human being was near. To decend was only to be lost in the foaming billows of the Atlantic, which broke upon the rocks far below. What was to be done? Death stared him in the face. To care for his treasure of birds and eggs was out of the question. He made his resolution, and acted upon Laying aside anything that would encumber him, he collected his strength, and with wide-spread arms sprang forward to catch the rope, and, no less strange than true, succeeded in grasping it, and lived to tell the tale of his marvellous escape.

Reader, is there anything in your case similar to this birdcatcher? Have you in your anxious pursuit of fame, pleasure, or money, neglected that Gospel which by faith brings salvatlon ? By an undue attention to the things of this life have you suffered your soul to starve, and the interes's of eternity to be unheeded ! And have you been wakened up by the Holy Spirit to realise your loss? Does sin press heavily upon your conscience? Is the wrath of God hanging over you? Is the ocean of eternity for which you feel yourself unprepared, before and beneath you? And does the question arise, "What must I do to be saved ?"

The answer is simple, "Believe in the Lord Jesus Christ, and thou shalt be saved." Like the birdcatcher, venture at once and without delay; lay hold on the hope of salvation, lay acide worldly hindrances, and you shall succeed. In his case there was every probability of destruction; in your case there shall be the blessed certainty of salvation. It was indeed a marvellous thing that he effected his escape; but in your case, the love of God, the grace of Christ, and the faithful promises of the Word, all proclaim salvation if you humbly and carnestly believe in Jesus.

"Lo! the incarnate God ascended Pleads the merit of His blood; Venture on Him, venture wholly; Let no other trust intrude; None but Jesus can do helpiess sinners good."