circumstances or political intrigue into a position where one may command armies, or mould civil or ecclesiastical law; it is the nobler dignity of humanity to remain a mechanic or day labourer and yet exercise a power which is beyond the reach of Bishops or Princes and even Kings—

the power of influencing men for good.

1. In order to have this spiritual power we must be certain of something. Belief is the foundation of all action, and the more definite it is the more powerful the action that springs from it. Nothing is more weakening to the influence of a man than to be uncertain of everything. Some men make their formulæ so broad and so vague that they think they will include every particle of truth, whereas they mean nothing. Every man moves in the centre of a landscape of intellectual light, and the difference in the distances which different men can see does not appear to be so great as is continuously supposed. Man at his best can only see a certain distance and no further. and it will do him little good to be continually prowling round the outskirts of possible knowledge and deluding himself with the vain hope that he will yet explain the origin of evil or the mystery of the two wills. Look at them fairly once for all, and when you have settled to your satisfaction that there are things which you cannot know while here let them rest. Be clear like him we call Lord and Master, who said, "We speak that we do know, and testify that we have seen."

2. Purity. Christian holiness, is power. He who would influence others must begin by influencing himself. How can he who has by yielding himself to the most abject slavery and selfishness ever be exalted in the throne of any other mind? He who voluntarily yields to that which he knows to be wrong approaches the presence of his own higher nature as Satan approaches the presence of the

celestial powers:

"As a poor, miserable captive thrall Comes to the place where he before had sat Among the prime in splendour, now deposed. Ejected, emptied, gazed, unpitied, shunned, A spectacle of ruin or of scorn To all the host of heaven."

As the athlete who wishes to have power above his fellows must exercise himself in severe and exhausting tasks, as the scholar who desires his intellectual powers to appear at the best must polish them with the discipline of hard and abstruse subjects, so the aspirant for spiritual power must train himself by the most unwavering devotion to that which is right and true.

"Who best Carrsuffer, best can do; best reign Who first hath well obeyed."

Christ here, as everywhere, is the model to which we may look with confidence. He possesses the highest standard of excellence in his teaching, and makes no apology for not conforming to it as every other teacher is constrained to do.

3. Love is an important element of power. The mightiest forces are not of the head but of the heart. Love is the spirit of self-sacrifice, and its very existence alters the relation of the soul in which it dwells to other souls. The true type of power is not the hurricane that sweeps over continents, lashes the sea into fury, and makes desolate many homes. Neither is it the fire which lays waste the fairest parts of earth, and destroys the thought and toil of centuries in an hour. The noblest material custodian of power is the sun, which calls forth and diffuses motion over the earth, which quickens life, clothes the snowy waste with all the luxuriance of tropical verdure, which sets in motion forces of inconceivable magnitude to which the fire and storm are but child's play. After it has gone down the warmth it has imparted remains and operates. Love possesses the power of kindling a reciprocal affection,

and when once this is effected the most potent of all laws has been established and the most to be dreaded of all punishments is set up for the transgressors of it. This holy affection ceases not at death. Many a man has accomplished far more by his death than he could have done by his life. What love accomplishes such results? Love to God as the only true and proper object of the supreme affection of the soul, and love to man who was made in the image of God.

4. The greatest of all the elements of power is the indwelling of the Holy Ghost in the soul. When a man passes that crisis in his history which is commonly known as regeneration, the third person of the adorable Trinity dwells in his spirit just as truly and really as the symbol of Pharoah's presence dwelt in the dark and awful shrine in the Holy of Holies, The natural gifts of a man can never appear at the best until they receive the quickening which it alone can give. The engine stands upon the track a marvellous conception of mechanical art, but without steam it is powerless. The steam adds no wheel, no lever, no valve, but it gives tremendous force to those already in existence and brings out their utility. Therefore while a man may cultivate all the powers and qualities which the mental and moral forces without and within can produce his manhood is incomplete, it has not reached its goal until the power of the Highest overshadow it, and the energy of the Eternal brings out the best that is human.

In concluding, the Rev. gentleman said, we will be called to account for the elements that lie dormant as well as those which are in active exercise. Many a student goes to college to have a good time, and uses his brilliant talents to get through with as little study as possible. A dreadful perversion of genius. It is the duty of every human soul to develop all its faculties, to call forth its mighty energies, to cause its word to be with power.

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H. CHOWN, M.D., '80, late of Wellington, Ont., has sailed for England with the intention of walking the hospitals of the Metropolis.

Mr. Colin A. Scott, of the class of '84, has been appointed Headmaster of Louise School in this city.

MR. J. V. Anglin, ex-editor of the Journal, who has been teaching in a western town, has returned to the city.

 $F.\ Koyl,\ M.D.,\ '81,\ has\ left\ for\ Drayton,\ Dakota,\ where he will practice his profession.$

Mr. L. A. Ross, who spent two sessions as a member of '83, but who was unable to return this year, will, we understand, return next session and graduate with '84.

MR. R. L. SMITH who also entered with '83, is at Princeton. He writes to a friend that it is "an immense place for fun."

MR. ROBERT MOIR, an old member of '82, took a very high stand in Mental and Moral Philosophy at the late Christmas Examinations in the University of Toronto. Mr. Moir will be one of the competitors this spring for the gold medal given in that subject. We wish him all success.

MR. JOHN BONNER, '45, one of the oldest graduates of the University, died last week in New York.

MR. J. H. BIRKETT, an alumnus in medicine who for some