

and thenceforth he was built upon the rock. This did not by any means bring always sunshine and brightness upon his surroundings, or calm the waters around him, or still the tempest. Rains descended, floods came and winds blew about and around him as upon the other. He had the trials, the hardships, the conflicts of life to struggle against. The furious storms of temptation, the hurricanes of passion, the dark waters of evil beat upon the soul of Christ's servants as often and as fiercely as upon those who know Him not; but when the waters have subsided and the dark storm-cloud has rolled by, they are found, it may be, battered and marred, but still safe and unmoved, because their foundations are upon the Rock of Ages, the unchangeable love and faithfulness of the Eternal God.

The following has reached us just as we are going to press, coming from a young friend and constant reader of UPS AND DOWNS, whose name we are perhaps not at liberty to mention, but who, we are sure, had the Master been alive on earth, would have been among the foremost of those to cast their garments at His feet:

"The first question, 'What think ye of Christ?' was asked by the Lord Jesus Himself to His friends. They all hoped that He was going to be King, but each one knew Him as a personal Friend. The very best friend a girl can have is Jesus. He is a Comfort and Guide in every joy and sorrow, no matter how small. We also know that Jesus had the right to be King over all the world, but He chose to be one of us and live among His people. Our Lord would do the lowest and meanest work if it was to honour God. He washed the feet of His friends, which was considered the work of the lowest slave, and was not ashamed of it. This tells us that we need not despise our labours, but consider them done for Christ's glory. We know that Christ was very poor, for on earth He had no place to lay His head. He would suffer great fatigue and hunger in His Father's service, but was continually kind, sympathetic and merciful. People crowded to hear Him and be healed by Him, but as His earthly life was drawing to a close He was despised and forsaken, and all this trouble was borne without complaint or murmurings. To die on the cross was the most shameful death in the old Roman days, and our Lord died there to save all of us. No friend could do more than give his life to preserve, and we have one Friend who died for each person's sake.

Still another girl correspondent has written us at the eleventh hour, and we are pleased to open our "Sunday Hour" column for her contribution. We know her well in her home life as well as in her church life, where she was lately received into full fellowship, and we believe that she is herself striving sincerely to take up the cross of daily duty and service and follow Jesus in the way:

Thursday Evening, June 12th, 1902.

DEAR FRIENDS,—It is quite a long time since I wrote anything for our magazine, so I thought, as I had time to spare, I would do so now. I noticed in our last issue of UPS AND DOWNS that our Editor is going to devote a part of the paper to a subject which I am sure will be very interesting and, to many of us, very helpful. I must say myself that I often wondered why a portion of our paper was not devoted to religious subjects, but I think perhaps the editor must have been waiting for us to start, and now that he himself has, let us contribute all we can to our paper by telling each other of our experiences in the Christian life, and perhaps it may be the means of bringing many of our brothers and sisters to love their Saviour, and give their hearts to Him, and in other hearts we may kindle a fire which heretofore have been dead and cold toward their Saviour, who, we all know, waits patiently to receive them. I sometimes think that we who profess to be Christians should do what we can to promote the cause of Christ, otherwise I think we shall be counted as unworthy servants of Jesus, for He Himself came into the world to minister and do good, and bore all our sins for us on the cruel cross, so that we now have every chance to be with Jesus in Heaven, and all Jesus requires of us is to believe on Him, and follow Him, bearing our cross patiently. I really think we ought to try to do this, since He has borne the greater part of the load. Jesus is ever loving and forgiving, caring for us in all our trials and temptations. We are surrounded by dangers and temptations, and, therefore, must watch our every movement, and must exercise great forethought and foresight to avoid these dangerous obstacles and to take heed to our way. I think we especially, dear brothers and sisters, should do this, for really we have to, as it were, thread our way through this world, so let us think of these things and take Jesus as our Friend and Guide through life, and if we but ask Him, He will help us all and keep us unspotted from the world, and at last will reward us as His faithful servants. What a blessed promise Jesus has given us: "Be thou faithful unto death, and I will give thee a crown of life." Perhaps I am taking up too much space. I think others of you ought to write a little on this subject, because I think it is our duty as well as a privilege. I remain, one of the girls.