

IN THE GARDEN.

Fain would I help the gardener in his toil,  
Mid flowers he loveth best;  
Bringing fresh water to the thirsty soil,  
And doing his behest.

So would I toil in Thy garden, Lord,  
Sowing the seed Divine;  
And like a child some slender aid afford  
To that dear Hand of Thine.

Through hidden ways—still fragrant with Thy  
tread—  
Lead me, that I may see  
Thy lilies fenced in their leafy bed,  
Blooming alone for Thee.

In the cool glimmer of the early dawn  
Let me arise, and go  
From grove to vineyard green and dewy lawn,  
Thy precious plants to know.

Too rich for me the guerdon of Thy smile,  
My skill is Thine alone;  
I can but labour for a little while,  
Yet Thou my work shalt own.

WORRIES.

What people call "worries" are very common. Often they come from mere trifles; but they are not the less "worries" for that. Little things sometimes vex and trouble us more than great things.

"I am so worried with the children," says one who is the mother of a large family; "I cannot get a quiet moment."

"Something happened to worry me this morning, and I have felt upset all day," says another.

"One thing or another is always coming to worry me," complains a third, taking a more general view, and setting himself down as more tried with worries than other people.

But, after all, worries depend very much on how we take them. What puts one person out for a whole day will hardly disturb another for a moment; and a lot in life that seems to one full of trouble and vexation is found by another peaceful and happy.

"Ah! I know that very well," cries Mrs. Sharp; "but I can't take things so quietly. There is Mrs. Meek, next door; come what may, nothing ever seems to put her out; but I'm not one of that sort."

Well, Mrs. Sharp, is not that just what I said? Worries depend very much on the way we take them. You agree with me, you see. Mrs. Meek takes them one way, and you take them another. And you grant they do not trouble her so much as they do you. Is not her way the best?

"Yes; but I can't take things as she does. I'm not one of those quiet folk; and when worries come I must be worried."

Stop! not so fast. I am not so sure there is any must about it. Do you strive against being worried? When things turn out amiss, or the children are troublesome, or any one says something that vexes you, do you try not to be vexed, or worried, or put out? For that is what Mrs. Meek does.

Again, do you watch against worries? You know they are likely to come. Do you prepare your mind for them, that you may meet them aright, and get the better of them? I am mistaken, if your neighbour Meek does not do this, too.

Once more, do you pray? I know your neighbour does that. Every day she begins with prayer, and every day she ends with prayer; and if anything comes to try her in the course of the day, then she prays, too; if it be but a word or two, or a thought, just the lifting up of her heart.

Depend upon it, Mrs. Sharp, it is chiefly trying, and watching, and praying, that make

your neighbour so much less worried by things than you are. Perhaps she may be of a quieter disposition by nature; but she never would have been able to meet the troubles of life as she does without God's help, and that she gets by prayer. She strives, she watches, she prays, and God helps her.

Now, perhaps you do not pray. I fear you do not; for I think you would not be so much worried if you did. Prayer is a wonderful help against worries. Try this plan. Begin to pray. Pray to God about this very thing. Don't be ashamed; don't be afraid. Open your heart to God; tell Him all that worries you. Make Him your friend. He is such a friend! so kind, so patient, so gentle! always ready to listen, and to help! Not a trouble can come, but by His will. He can prevent trouble from coming at all, or soften them when they do come, or help you to bear them. He can do everything. Pray to Him regularly every day. And pray, besides, whenever you are tired. A spirit of prayer and a worried spirit can hardly be together. You have many other things to pray for; pardon through the blood of Jesus, grace, peace, the gift of the Holy Spirit—you want them all. Perhaps, when you pray in earnest about your worries, you may learn to pray about all your wants. How much happier will you be when you become a person of prayer.

This is the main thing of all. But strive and watch as well as pray. Think, when a worry comes, "Well, it is but a trifle. It is not worth while fretting about it, and it is not right." Strive, by God's help, to get the better of it. Watch. Be always on your guard against impatience and fretfulness. Try to be ready for the worry before it comes. Do not let it take you unawares.

I venture to say that, if you thus take your neighbour's way, you and she will be more alike about worries; and I am sure you will be happier than you are.

THE LADDER OF LIFE.

The ladder which all true men long to climb—the ladder of noble endeavour, of stern self-control, of victory over the base and lower passions—will always be seen wherever men have caught, as the best thinkers of all time have caught, some glimpses of the true view of life's meaning and life's duty; but the guarantee of their realization of their desires belongs only to those who believe that the world is governed by love and by wisdom, whose eyes are open to see not only the ladder, but also the hands from the unseen world which are stretched out to give help to the struggling sons of men. Moralism and religion stand side by side at the foot of the ladder of life, but when they severally begin to climb, it is religion that will outstrip the tardy steps of moralism, because religion moves forward with confidence as she points to the opening heavens. Her eye alone can pierce the clouds and behold the light of the promised day. She sees the angels of God ascending and descending, and for her the hopes of humanity are assured in One to whom all power is given, who is to her both Son of God and Son of Man.—Bishop Boyd Carpenter.

INFANCY AND CHILDHOOD.

The habit of drinking daily a quantity of water is one that is valuable in many ways. Its importance is seldom emphasized. It is not enough that the child should take an occasional glass of water, or that the babe should be given a spoonful as a rarity. But the habit of water drinking is essential to the well-being of every child. Most children will occasionally ask for water at meals or take a swallow of ice-water when they see others drinking, or will enjoy water with lemon or

fruit, or jelly or sugar, or flavoured with tea or coffee; but water pure and simple it seldom occurs to a child to demand, or to a mother to offer, although of all foods this one is the most important, and no other contributes so directly to the health and growth of the child. The tiniest baby should be given a teaspoonful of water many times during the day; and if at night it takes water from a nursing bottle, it will require during several hours no other nourishment. A child two years old may with advantage drink at least a pint of water every twenty-four hours, and a child from three to four years old will not infrequently consume a quart of water in the same time.

All water fed to a child should have been boiled, and must be kept in a bottle or carafe that can be closely stoppered. It should neither be warmed nor cooled; but should be given to the child at ordinary temperature as it stands in the living-room. It should always stand within sight of the infant, or within reach of an older child. Where it is necessary to go downstairs or into another part of the house in order to obtain a drink for the child, it usually has no drink at all except at such times as its thirst becomes intense. It is not necessary or advisable to give water to a child during meals, but at other times it may be safely allowed to drink as often and as much as it will. It may even be encouraged to increase the amount, if the water that is used has first been boiled and is of the proper temperature. We cannot, of course, force a child to drink, nor is it pleasant to over-urge such a necessary operation. But by having water always at hand we may make drinking easy, and by providing a pretty cup, or making some merry play, we can go farther and make the drinking of plain water really attractive until the habit is firmly fixed, when it will regulate itself.

WHEN TROUBLE COMES.

When trouble comes, don't let despair  
Add to the burden you must bear,  
But keep up heart and smiling say,  
"The darkest cloud must pass away."

Don't sit and brood o'er things gone wrong,  
But sing a helpful little song,  
Or whistle something light and gay,  
And whistle half your care away.

The man who sings when trouble's here,  
From trouble has not much to fear,  
Since it will never tarry long  
When stout heart meets it with a song.

Then don't forget, when things go wrong,  
To try the magic of a song,  
For cheerful heart and smiling face  
Bring sunshine to the shadiest place.

A CHILD OF GOD.

Conversion does not make men God's children; it makes them His good and repentant and obedient children, but they are His children first. You are consecrated and given to God in your baptism; the whole of your life from that hour until now was, and is, a consecrated life, and though you have not known it, you ought to have done, and every action of that life ought to have been holy. Why? Because you are God's holy and consecrated child. You do not become His child because you are converted, but by being converted you turn back to Him again, because you are His child. Walk worthy of your birthright, because you are a child of God, a member of Christ. That is something to say; it consecrates the whole life of a man; it makes his whole life perfect in character, though not in fact; it makes it holy from the very first moment of your baptism.—Archbishop Magee.