

"The Lord Jesus called his disciples 'the salt of the earth,' which means that they, by their good examples, their kind words and actions, should help to stop the progress of sin around them. God has scattered good people all over the world, so that by their influence they might, like salt, preserve the world from destruction. Salt both seasons and preserves."

As Stephen listened to his uncle's words, his surprise turned to admiration, and he said earnestly, "I will never forget what I've just heard. The little word with its four-fold meaning shall be my motto, and I'll strive to act up to it every day."

"I'm glad to hear you say so," answered Uncle John. "I think the first two verses will be specially helpful to you. Too often when people speak the truth they forget the other two words, 'in love,' and so they vex the spirit, or arouse the temper of those they desire to benefit. Then when people are tired and cross, that is the time when most need a kind word."

Young as you are, you have often seen that grievous words stir up anger. Try, then, the effect of 'a soft answer.' We all know you have a large, generous heart, but do not forget that the last verse is the key-note to all the rest. We can only conquer self by the power of God; so whenever you are tempted to despond, think of the fourth little message and take courage."

While at college Stephen made many friends. Sometimes his haughty temper almost overpowered him, but his companions never guessed the inward struggle he had to suppress it. Had they known about his strange motto, they would have understood how it was that they heard him whisper to himself a little word that sounded very like, "salt."

In due time Stephen Watson became a most earnest and successful young minister. In the course of one of the first "Children's sermons" he preached, he told the story of how he succeeded in ruling his spirit, by trying to act up to the precepts suggested by the little word "salt."—*The Christian*.

### THE TIME TO BE PLEASANT.

"Mother's cross," said Maggie, coming out into the kitchen with a pout on her lips.

Her aunt was busy ironing, and she looked up and answered Maggie.

"Then it is the very time for you to be pleasant and helpful. Mother was awake a good deal of the night with the poor baby."

Maggie made no reply. She put on her hat and walked off into the garden. But a new idea went with her—"The very time to be pleasant is when other people are cross."

"True enough," thought she, "that would do the most good. I remember when I was ill last year, I was so nervous that if any one spoke to me I could hardly help being cross; and mother never got cross or out of patience, but was quite pleasant with me. I ought to pay it back now, and I will."

And she jumped up from the grass on which she had thrown herself, and turned a face full of cheerful resolution toward the room where the mother sat soothing and tending a fretful teething baby.

"Couldn't I take him out to ride in his carriage, mother? It's such a sunny morning," she asked.

"I should be glad if you would," said her mother.

The hat and coat were brought, and the baby was soon ready for his ride.

"I'll keep him as long as he's good," said Maggie, "and you must lie on the sofa and take a nap while I'm gone. You are looking dreadful tired."

The kind words and the kiss that accompanied them were almost too much for the mother, and her voice trembled as she answered:

"Thank you, dear; it will do me a world of good. My head aches badly this morning."

What a happy heart Maggie's was as she turned the carriage up and down the walk! She resolved to remember and act on her aunt's good words:

"The very time to be helpful and pleasant is when everybody is tired and cross."—*Seb.*

So easy to say, so hard to do. Who of our young readers, with God's help, will try it?