

which fitted it just as well when it became a sheep. So these beautiful garments would fit the young like that little coat fitted Samuel which his mother made for him, and which besecmed him as much as the finest garments besecmed Eli.—*Rev. Thomas Champness, in The Methodist Times.*

THIS YEAR.

MAY this be a year of great spirituality. As the holy Joseph Alleine wrote from Ilchester prison to his flock at Taunton: "Beloved Christians, live like yourselves; let the world see that the promises of God and the privileges of the Gospel are not empty sounds. Let the heavenly cheerfulness, and the restless diligence, and the holy raisedness of your conversations prove the reality and excellence and beauty of your religion to the world." Aim at an elevated life. Seek to live so near God that you shall not be overwhelmed by those amazing sorrows which you may soon encounter, nor surprised by that decease which may come upon you in a moment suddenly. Let prayer never be a form. Always realize it as an approach to the living God for some specific purpose, and learn to watch for the returns of prayer. Let the Word of God dwell in you richly. That sleep will be sweet, and that awaking hallowed, where a text of Scripture, or a stanza of a spiritual song, imbues the last thoughts of consciousness. See that you make progress. Happy then the New Year if its paths were so bright that in a future retrospect your eye could fix on many a Bethel and Peniel along its track, and your grateful memory could say: "Yonder is the grave where I buried a long-besetting sin; and that stone of memorial marks where God made me triumph over a fierce temptation, through Jesus Christ. Yon Sabbath was the top of the hill where I clasped the Cross and the burden fell off my back; and that Communion was the land of Penuah, where I saw the far-off land and the King in His beauty."

PRAYING FOR HOLINESS.

MEN pray for holiness as if it were something apart from their every-day life—something that had nothing at all to do with their conduct in their domestic, social, and business relations. They sing "Nearer, my God, to Thee" with glowing fervour, but never think that the prayer can be answered only by the uplifting of their own lives to the plane of God's requirements. Holiness is not a mere sentiment, not a vague vision of glory overhanging us like a heavenly cloud, not a rapture or an ecstasy, not something that God sends down to wrap us like a garment in its