

keep it from striking on the rocks; then, after one cry to my Saviour, I at last let go, throwing my arms forward and trying to keep my feet well up. A giddy swirl, as if flying through the air, took possession of me; a few minutes seemed an age; I rushed quickly down, and felt no obstruction till my feet struck into the sea below. It was low tide, I had received no injury, and, wading through, I found the rest of the way easier. When the natives heard next day how I had come all the way in the dark, they exclaimed: "Surely any of us would have been killed! Your Jehovah God alone thus protects you, and brings you safely home."

NONE LIKE JESUS.

A SAVED sinner said one day, "There is none like Jesus; I have tried Him for years; He can see a thousand faults in me, but I can't see one in Him." Another in his dying hour said, "My greatest grief is that I have done so little for Jesus, and my greatest joy is that Jesus has done so much for me."

Fellow-sinner, have you found out what that love is that has won so many millions, and bound them so fast when once they were won? Or have you never so much as said to Jesus, "I thank Thee for dying for my sins?" Is that fair? Would you treat any one else like that? Would you like it yourself? If He was willing to be punished for you, He surely has a right to expect that you shall be willing to be saved. He wants you to love Him because He loves you.

Should we be sorry to be appealed to so kindly?

No tongue can tell you how much He thinks of you. He would be so glad to save you, and He wants to know if He may. He will love you for ever, and be as kind to you as ever He can, and do you all the good that ever He can, and He will never leave you nor forsake you. What is there to object to, then, in Him?

If grief's dark hour, when your spirit is sad, He will comfort you as a mother never could. He will rejoice with them that do rejoice, and weep with them that weep. He will be with you in days of brightness and in days of gloom.

He says if you will but call upon Him, He will save you; and you can do that; and can do it now if you like. A little child can call on its mother, and

to call upon the Lord is just as simple an action.

You can't save yourself, but you can let Him save you. "Behold the Lamb of God, which taketh away the sin of the world."—*B. in Good News.*

Boys' and Girls' Corner.

SUNDAY SCHOOL LESSONS.

International. Institute.

Mar. 3...Neh. xiii. 15-22.....Gen. xiii
 " 12...Esther iv. 10-17; v. 1-3. " xiv. 13-24.
 " 19...Matt. xxi 57-68..... " xvii. 1-22.
 " 25...Luke xxiii. 12-25... " xix. 12-29.

THE SLEEPY LITTLE SISTER.

(For the children to learn by heart.)

I SAT, one evening, watching
 A little golden head,
 That was nodding o'er a picture-book;
 And pretty soon I said,

"Come, darling, you are sleepy.

Don't you want to go to bed?"

"No," she said, "I isn't sleepy,
 But I can't hold up my head.

"Just now it feels so heavy,

There isn't any use;

So let me lay it down to rest

On dear old Mother Goose!

I shan't shut up my eyes at all,

And so you need not fear;

I'll keep 'em open all the while
 To see this picture here."

And then, as I said nothing,

She settled for a nap;

One curl was resting on the frill

Of the old lady's cap;

Her arms embraced the children small

Inhabiting the shoe—

"Oh dear," thought I, "what shall I say?"
 For this will never do."

I sat awile in silence,

Till the clock struck its "ding, ding,"

And then I went around and kissed

The pretty little thing.

The violets unfolded

As I kissed her, and she said,

"I isn't sleepy, sister,

But I think I'll go to bed."

—*Georgiana McNeile.*

For PARISH AND HOME.

GIVING UP.

I WAS staying once at the house of a friend early in the season of Lent. He had two children, a girl and a boy, between the ages of ten and thirteen. These children had determined to deny themselves during Lent and fast from some article of food; and it was with them, as with many others—jam. It went hard with the boy, the younger of the two; and one day, as he gazed on the tempting preserves that the others were enjoying, he said, "Next year I'm

going to give up eggs in Lent, I never eat them, anyway." We could not help laughing and pitying the little fellow, it was so natural to choose such an easy form of self-denial.

Much different was it with his sister. On one occasion there was blanc-mange for dinner, with which jam was served, as a part of the pudding. But this young disciple refused to eat any jam even in this way, saying that she did not think it would be keeping her vow. Though her mother said it was only part of the pudding and offered it to her, she still refused and took the blanc-mange by itself. It was a pleasing thing to see the firm and determined lips that told of the natural longing, and yet the happy and bright expression of the eyes that showed contentment and peace.

Perhaps it was not necessary or wise for the children to choose the form of self-denial they did, but we see in this little girl the true way to deny ourselves:

First, to give up something that we do like. Second, not to take any loophole of escape that may be offered, but to go the whole length of our vow. And third, to deny ourselves willingly and cheerfully.

By contrasting the brother and the sister in this case, you can see how their giving up differed in these particulars. I hope that the boys and girls who read PARISH AND HOME will be like the sister in this story, when they practice self-denial this coming Lent.

And I would just remind them, further, not to forget the One for Whose sake they give up things that they like. Self-denial is so much easier, and does us so much more good, and we are so much happier through it all, if we do it for Jesus' sake. When we think of all He gave up for us,—not only His fasting for forty days in the wilderness, for that was only a very small part of all He did, but His Heavenly glory, and all He suffered and denied Himself when on earth, and then His own life-blood on the Cross of Calvary. When we think of all this, we cannot help being glad and willing to do anything in the matter of giving up that will please Him, and will benefit our own souls for His sake, and will help us to do good to others in His name. You know how often He Himself said, "For My sake." Let this be the chief motive for our denying ourselves during this Lent—M