

that nicety of adjustment that gives stability, for the muscles are too tense or too loose.

The changes in the structure of the brain are of the greatest importance for the development of thought. The power of reasoning, of relating idea to idea, is paralleled by the development of fibres associating the different centres of the brain.

But, important as these changes are, they are not more so than the others already referred to as peculiarly marking the period of adolescence. It is at this period that the social impulses arise, which mean so much for the well-being of society. The transition is now made from a life devoted to self, and almost unconscious of others, to a life in which self-sacrifice, altruism in its best form, heroism, and devotion to lofty ideals are the characteristics.

This time of change has perils all its own, which call for the utmost wisdom and alertness on the part of those who are responsible for the training of the young. It is folly to ignore, like the ostrich burying its head in the sand, the dangers of youth. Parents and teachers should imitate the wise physician, who, when he suspects the presence of a serious ailment, keeps his own counsel, but is on the alert to note every symptom that confirms or weakens his suspicions, and to do everything in his power to check the dreaded disease.

Dalhousie University, Halifax, N.S.

What is true of physical skill and intellectual attainment, is as true of the spiritual sphere. The graces of the kingdom of heaven come no more by chance, than do the power and winning charm of a cultivated mind and life. The habits of the Christian life are no more formed by accident, than are the methods of the scholar or the discipline of the soldier. It is only by a willing self-deception, that so many live as if they would "happen" into the kingdom of heaven; but that kingdom is only won by those who would take it by force. If we are to have the character of our Lord visibly reflected in us, it will only be by deliberate effort on our part, and through unrelenting mortification of all that is in us of weakness and evil.

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