

to be excused from duty. It was a cross for him to pray in public, but he made up his mind to bear it. He persevered, and became fluent in speech. His pastor once remarked that "in our country the man who can speak multiplies himself by five." This remark so impressed Jackson that he resolved to become a speaker, though he was nervous and diffident. He joined a debating society, and after many efforts became an impressive, though never an eloquent, speaker.

Commenting on this contest with self, begun in childhood and never given up, General Hill says: "This self-denial and self-control explains his wonderful success. He had conquered himself, and was thus made fit to be a conqueror. No self-indulgent man was ever truly great, however lavishly nature may have showered upon him her bounties. How many opportunities have been lost through the wine-bibbing or pleasure-seeking of some officer of rank! Every page of history points to such instances, and the experience of every man in his own life confirms the lesson."—*Our Sunday Afternoon.*

### FORGIVENESS.

Bishop Ridley, of Caledonia, once sent home this story: Two years ago one of the Indian churchwardens at Metlakahla gave great offence to one of his neighbors. From that time until last December the two men had not spoken to each other. Last Christmas Day, however, the man who thought himself wronged gave his hand to the other, and wished him a happy Christmas. The churchwarden, in delight, came to Bishop Ridley to tell the good news, and added that it must have been his words that brought it about. But it was not through the Bishop that God had sent the message of peace, but through a little Indian child. The young daughter of the man who had been wronged lay very ill, and wished to see Mrs. Ridley, to whose Sunday-school class she belonged. The Bishop goes on to say: "When I called I was surprised to see how ill she was, and thought she would die. Her father was unremitting in his tender attention, and could not help

sobbing when he read my thoughts, as he clearly did. She was the peace-maker . . . This child's Sunday custom was to read from the translated Gospels the lessons for the day, and then explain to her father and mother what her teacher had taught the class. Last Tuesday she stood in her class at the annual examination and took a prize. I then noticed her pale lips. She grew rapidly worse, but before her little strength was quite exhausted she put her arms round her father's neck, and said, 'Darling father, hear me about the little child Jesus.' Then she repeated the angels' song, 'Glory to God in the Highest,' and finished up by saying, 'We must be happy at Christmas, because of heaven, not of earth. The little Jesus brought down peace. Now, father, listen to the little child of God, and try to love every one and hate nobody. Will you, darling father?'

"'Dum watu,' was the tearful promise; 'I will, my darling.'

"At the midnight service, when we watched in prayer for the New Year, I asked the congregation, at the father's request, to remember his sick child. After the midnight service, Miss Dickinson flew off to the dying bed, but the gentle peace-maker, having ended her sweet work, had entered into eternal rest. Her sermon was better than mine, and worthy of attention by all."—*Selected.*

### AN IDEAL SUNDAY SCHOOL TEACHER.

BY MISS S. E. TWANLEY, LINDSAY, ONT.

"Aim high" is a motto which each teacher should make his or her own. The Lord Jesus Christ Himself has said, "Be ye perfect," and no true teacher should be satisfied with anything short of perfection. This being the case, let us consider for a short time the kind of teachers we ought to be, and also a few of the means we should employ to enable us to ascend to the exalted position God intends us to occupy.

1. In the first place, I believe that every Sunday-school teacher should be a Christian; not only a professing Christian, but a Christian in the true sense of the term. It is

impossible for us to teach things of which we ourselves are ignorant. How can we lead our class to feel love and affection for Christ when we have never experienced the slightest gratitude towards Him ourselves? How can we unfold to the children the truths of the Bible unless these have sunk deeply into our own hearts by the Holy Spirit's teaching?

2. Again, a Sunday-school teacher's life should be above reproach. We all know how much better example is than precept, and if we wish to retain the respect of our pupils and the esteem and trust of their parents we must so live that no action of ours may bring any discredit on Christ and His religion.

In a Sunday-school, some time ago, a teacher and her class of girls were discussing the propriety of going to a certain place of amusement. The teacher was impressing upon them that it was very wrong to go, when one of the girls, looking up quickly, said, "But, teacher, did you not go yourself last week?" The teacher was embarrassed for a moment, and then said: "Girls, you must not always do as I do, but do as I say." I suppose she congratulated herself that she had been equal to the emergency, but her influence over the class was gone.

3. I am sure we all wish our pupils to attend regularly. Then we must set them the example by being regular in attendance ourselves. Some teachers absent themselves for the most trivial causes. How often we have heard such reasons as the following given by teachers for not putting in an appearance at Sunday-school: "It was too warm" or "too cold," "too wet" or "too stormy," "I had a headache," etc. A teacher in our public schools would never dream of tendering such excuses for remaining at home. Why, then, should a Sunday-school teacher do so? Is it not as much the duty of the latter to be present as of the former? How often a brisk walk to Sunday-school has driven away a headache, which, had we yielded to our inclinations, would have been an excuse for not going. If it is really necessary to be absent, a substitute should be provided if possible; also we might write a note