Whildren's Worner.

WE NE'ER REGRET.

We ne'er regret a kind word spoken, A sharp retort that is unsaid; An angry word hath often broken Fond hearts that have in secret bled. We ne'er regret a kindly action, However it may be received; To do it gives a satisfaction The heart will treasure though deceived.

Ah! many eyes are red with weeping, And many hearts are sore distressed, In sad remembrance ever keeping A word in angry tones expressed. How many lives are darkened ever By shadows worse than those of death; How many friends are doomed to sever By but a cruel whisper's breath.

We ne'er regret the hearty greeting That cheers the weary, care-worn heart; The friendly grasp exchanged at meeting; The warm "God bless you" as we part. We ne'er regret a brother lifting Out of the depths of his despair : The clouds that darken his life, rifting And letting in the sunshine there.

We ne'er regret the looks of gladness, The cheerful smiles we can employ, To comfort hearts bowed down by sadness, And turn their mourning into joy. The man who thus lives liveth rightly, And has few things he would forget: He lives, with few cares pressing lightly; He dies, with nothing to regret.

DO IT HEARTILY.

"Whatsoever ye do, do it heartily, as to the Lord."-Col. iii. 23.

In 1 Chron. xxxi. 21, we read of Hezekiah that "in every work that he began, he did it with all his heart, and prospered." And this morning's "bell" rings a New Testament echo -"Do it heartily"-like a little peal of bells.

See if that does not ring in your ears all day, and remind you that it is not merely much pleasanter to be bright and brisk about everything, but that it is actually one of God's commands, written in His own word.

Perhaps it "comes natural" to you to do everything heartily. This is very nice, but it is not enough. What else?

"Whatsoever ye do, do it heartily, as unto the Lord, and not unto men." He knows whether the industrious, energetic boy or girl is wishing to please Him and looking up to Him for His smile, or whether He is forgotten all the while, and only the smile of others and the pleasure of being quick and busy are thought of.

But perhaps it is hard for you to do things heartily. You like better to take your time, and so you dawdle and do things in an idle way-especially what you do not much like doing. Is this right? Is it a little sin, when God's Word says, "Whatsoever ye do, do it heartily"? Is it not just as much disobeying God as breaking any other command? Are you not guilty before Him?

Very likely you never thought of it in this way, but there the words stand, and neither you nor I can alter them. First, ask Him to forgive you all the past idleness and idle ways for Christ's sake, and then ask Him to give you strength henceforth to obey this word of His. And then listen to the little chime: "Do it heartily! do it heartily!" and then the last word of the verse about Hezekiah will be true of you too—" prospered."

> "Up and doing, little Christian ! Up and doing while 'tis day ! Do the work the Master gives you, Do not loiter by the way : For we all have work before us-You, dear child, as well as I; Let us learn to seek our duty. And to 'do it heartily.'"

OBSCURE HEROISM.

How useless our lives seem to us sometimes! How we long for an opportunity to perform some great action! We become tired of the daily routine of home life, and imagine we could be far happier in other I know this is easier to some than to others. scenes. We think of life's great battlefield,