

be likely to meet with, and say "O Lord, keep me this day without sin."

3. Read your Bible, and think on what you read.

4. Whenever you hear the clock strike say, "O Saviour hold me, lest I fall from Thee."

5. Keep from bad company, and do not read bad books. If a temptation comes: say "Lord save me, or I perish." Put a bad thought out of your mind as quickly as possible. If you fall into sin, confess it, and ask God for pardon as soon as you can.

6. If you pray, eat, go to school, work or play, read or sew, at the beginning or end of everything you do say "Lord Jesus. I do all for Thee." If anything happens you do not like, say: "My God, thy will be done."

7. Examine yourselves before you say your night prayers. After you are in bed, say. "Jesus Saviour, take care of me now, and at the hour of my death." Amen.

Will you not try and put these simple rules into practice?

REV. DR. F. SWENTZELL, for several years past in charge of the Methodist Body of Belair, Md., has severed his connection with that body, and intends to take orders as a clergyman in the Protestant Episcopal Church.

LETTER TO THE SUNDAY SCHOOLS.

MY DEAR CHILDREN,—It has been suggested to me by several friends that I should occasionally address a letter especially to our young Sunday School helpers who do so much towards the support of our Indian Institutions. I must

tell you that it was the Sunday Schools that gave the first practical start to our work. I had been in England in company with an Indian chief named Buhkwujjenene, and there we had collected money enough to set on foot what the Indian chief called "a big teaching wigwam" for Indian children. Well, we returned to Canada, and our first Shingwauk Home in due time was built. This was about seven years ago. In the meantime the question arose. how are we to support the Indian children after we have the Home ready for them? We had at that time no grant in aid from the Government and no subscription list to depend on. The late Rural Dean Lett of Collingwood kindly took the matter up, he guaranteed the annual support of one Indian child by All Saints' Sunday School, Collingwood, and he made personal application to several other Sunday Schools in the neighborhood to assist us in the support of the Indian children. That is how our work commenced All Saints' Collingwood. undertook the support of Mary J. Kabacosa, a girl who has since died. St. Stephen's Toronto, and Christ Church Yorkville, had between them a girl named Sophy Shabahgezhik (Morning sky) who is now a young woman living with her parents at Garden River, and I saw her yesterday while on a visit there. Holy Trinity, Toronto, at that time had Johnny Birchbark, who is still with us. learning bootmaking, and is one of our eldest boys. He left us after the fire, but came back to us three years ago, and is now jointly supported by All Saints' Collingwood and Port Dover. Holy Trinity also supported Nancy