

will feel the requirement that they themselves should be upright and gentlemanly, and refined; but if their female friends are frivolous and silly the young men will be found dissipated and worthless. But remember always that a sister is the best guardian of a brother's integrity. She is the surest inculcator of faith in female purity and worth. As a daughter she is the true light of the home. The pride of the father oftenest centres on his sons.

"Evening Hymn."

By W. W. MACC.

Now the day is over,
Night is drawing near,
Darkness falls around us,
Keep us, Savior dear.

Jesus give thy loved ones,
Perfect rest in sleep,
Let us lie in safety,
Thou our souls do keep.

Much we need thy comfort,
More we need thy care,
Let us feel thy presence,
That we thy love may share.

Guide us home to Heaven,
When our toils are o'er,
There we'll rest forever,
And praise thee evermore.

Levis, Que.

A Prayer.

O God, Father of our spirits, thou art great, but thy greatness doth not separate thee from us; rather it brings thee near and enfolds us in thy care. Open thou our eyes that we may ever see thee and be conscious of thy presence and providence. Grant unto us the spirit of faith and faithfulness so that we shall trust thee at all times and do thy will in all things. May we know that this life is the school in which thou art training us for higher service, and so may we not be surprised that the books often contain hard lessons and are sometimes stained with our tears. We would sit at the feet of Jesus and learn of him that we may be meek and lowly in heart. Fill us with his Spirit and enable us to grow towards his stature. And this we ask in his name. Amen.

Rejoicing in Tribulation.

This is contrary to the flesh, but in harmony with grace. Men naturally shun what is disagreeable and irksome. To endure tribulation with joy, it must be of a kind that has not come upon us by our own folly and sin. If we bring trouble and hardship upon ourselves by our own wrong doing, we should mourn and repent rather than rejoice. But if for fidelity to truth and devotion to Christ we suffer, then we can rejoice that we are accounted worthy to enter into the fellowship of his sufferings. To such Christ speaks, "Be thou faithful unto death, and I will give thee a crown of life."

Such as bear trial for Jesus patiently and joyfully, thereby give a good and effectual testimony of the reality and beauty and helpfulness of the Christian who is himself a living example of the faith he professes. But the unregenerate despise hypocrisy in religion and take a discriminating view of practical Christianity as they read it in the life of professed followers of Christ. For Christians to fail under the stress of persecution and tribulation, where they have best opportunities to show what grace can do, is enough to bring them into contempt among unbelievers, and gives occasion to make them question the worth of Christianity itself as a personal benefit in the conflicts of life.—*Evangelical Messenger.*

Our Young People

Mat. 6. The Storms of Life.

Some Bible Hints.

Men that cry to God only in their troubles (v. 28) He hears them—but they should be ashamed!

The only storms that God cannot calm are those we do not ask Him to calm (v. 29).

How long it takes us to learn that every haven of real happiness we set before us is a goal for God Himself to desire! (v. 30).

The best prayer is praise (v. 31). A single thank-giving gains the ends of many a petition.

Suggestive Thoughts.

The storms of sorrow Christ stills by pointing us to the joys of eternity.

The storms of temptation Christ stills by making "in every temptation a way of escape"—and He is the Way.

The storms of sin Christ stills by implanting within us His holiness.

The storm of fear Christ stills with His "It is I; be not afraid."

A Few Illustrations.

Violent waves may be quelled when oil is poured upon them. The oil of God's grace will quiet any of life's storms.

No one would mind a storm if he was sure his boat would not sink. Every Christian may be sure that the boat that carries Christ cannot sink.

What care the dwellers in the Rock of Gibraltar about the most violent storm on the Mediterranean? Nor will we heed the storms of life if we are hidden in the "Rock of Ages."

A fish is a part of the storm, and thinks nothing of it. So we may be part of God's providence, and will exult in whatever it brings about.

To Think About.

Am I on the only safe ship for life's journey?

Am I trying to swim all unaided through life's billows?

Have I found the "calm within the storm"?

A Cluster of Quotations.

There is no human being who ever has known the misery of man as Jesus knows it, and so He comes to all sorrows with tender consolation.—Phillips Brooks.

The Shepherd casts His flock into deep waters to wash them, not to drown them.—Cuyfer.

How dark soever be the clouds, they are the dust of our Father's feet.—Joseph Parker. Sometimes we must face the shadow, where the wind blows keen and cold: But the shadow fades at dawning, and the east is flecked with gold.

—Margaret E. Sangster.

Prayer-Meeting Problems.

The pauses are a problem. Appoint members to fill them, taking them in turn.

"Please sing No. 4" is a problem. Make it a rule of the society, for a time, that no one but the leader shall call for a hymn.

Indistinct voices are a problem. Let the leader give a hint by saying, "That could not be heard, but it was too good to be lost"—then repeating the substance of what was said.

Tardiness is a problem. At the opening of the meeting display a large card, reading, "You are late!"

Dismal singing is a problem. Start a Christian Endeavor choir.

Long winded leaders are a problem. Let the prayer-meeting committee limit the opening to ten minutes.

Lack of prayers is a problem. Have sentence prayers at every meeting. Sometimes have a meeting that is all prayer.

Reading Bible verses is a problem. Give such Endeavorers questions to answer, or ask them to say something about what they read.

Who Are Good-Looking?

That face looks good to us though which genuine goodness looks at us. The real looking of a face is not from what is on it of color or form, but from what is behind it, looking out of it. If good is behind a face, it is good-looking. Good looking out makes good looking at. Isaiah bore witness to this by the opposite, when he said of the evil dwellers in Jerusalem that "the show of their countenance doth witness against them."

"Beautiful faces are those that show
Beautiful thoughts that lie below."

Delight of Repentance.

"Which is the most delightful emotion?" said an instructor of the deaf and dumb to his pupils, after teaching them the names of our various feelings.

The pupils turned to their slates; one wrote "joy"; another, "hope"; another, "gratitude"; another, "love."

One turned back with a countenance full of peace; and the teacher was surprised to find on her slate the word "repentance." He turned to her, and asked why it was the most delightful emotion. "Oh!" said she in the expressive language of looks and gestures, "it is so delightful to be humble before God!"

That pupil had experienced the truth of the first beatitude, "Blessed are the poor in spirit." The keynote of all true peace and happiness is to come into our true relation to God, and that means faith built on the foundation of penitence—joy in the Lord following godly sorrow, as the clear shining after rain.

Daily Readings.

Mon.,	Feb. 29.	—Trials the lot of all.	Job. 3: 25, 26
Tues.,	Mar. 1.	—From our adversary	Job 6: 22-24
Wed.	" 2	—When God seems afar.	Ps. 22: 1, 2
Thurs.,	" 3.	—Angels afterwards.	Matt. 4: 1-11
Fri.,	" 4.	—Our Deliverer.	Heb. 2: 14-18
Sat.,	" 5.	—Paul's Deliverer.	Acts 21: 10, 11
Sun.,	" 6.	—Topic How Christ stills the storms of life.	Ps. 107: 23-31

British Weekly: "There is a picture which I sometimes see in the houses of my people," said Mr. Jowett. "It is entitled 'Peace,' and it shows a gun lying in a meadow, with a lamb reeling at its very mouth. To me that picture is incomplete; the gun is lying wasted. That is not God's intention. He destroys nothing, but transforms everything. He changes a warlike instrument into a garden tool."