

Avoid bad habits. Do not think it manly to drink, smoke or chew. This is a mistaken idea ; they only indicate bad family government, or a fickle, unstable disposition.

Be kind to one another. There is nothing that reproaches one so bitterly as an unkind word in a moment of passion. When your little sister lies cold in death, the little causes of displeasure which you have given her will cluster around your heart and wring many a bitter tear. In your journey through life, there will be nothing so grateful to your thoughts as the pleasing conviction of your obedience to your parents while they lived. O ! obey them, then, little friends, while they are with you ; think that you can never do enough for them. We have been an orphan for nearly twelve years, and we have often thought that if our parents could once more be restored to us, they would never again be pained with our little faults. Oh, trifle not with a mother's heart ; there is a stream of affection within a mother's breast that, however ill you use her, however often you may cause her bitter tears to flow, will ever continue to nourish and protect the wayward fancy, and recall every wish to step aside from a mother's influence.

SUBJECTS FOR REFLECTION FOR THOSE WHO HAVE NOT MANY BOOKS.

[They who read many books well know that there is often much in them not directly conducing to profit, but which may be necessary for connecting together, or illustrating, or completing other matters : just as in the ear of corn, there is the *chaff*, and in the grain of wheat, the *bran* ; all necessary in their place, but it is only the flour which makes the nourishing bread. They who have not libraries, may yet be furnished with short extracts, and pithy sayings, which may be like the "finest of the wheat," (Psalm cxlvii. 14,) from which the chaff and the bran have been taken away. We shall try to give our friends, old and young, a few sayings of this sort, in which they will often find the substance of whole pages, so that they may read in a few minutes what may serve them to think about for whole days ; and which, if properly received and digested, will serve to nourish and strengthen them in the best life, the life of God in the soul.—EDITOR.]

The yokes that the world, the flesh, and the devil lay upon mankind, are manifold. Christ's yoke is but one : all duties in the Gospel are reducible to one head,—Faith working by love. And this yoke, though at first it should seem heavy, as soon as a man understands it, becomes light, and is no more a burden than wings are to a bird, with which she flies wheresoever she lists. And that which makes it easier is, that He who puts the yoke on us, puts his Spirit within us, and thus gives us strength in the inner man ; for the Spirit helps our infirmities.