

its energy, and if there is a dearth of such material it will fly off on some unworthy object.

But as yet I have said very little about the control of thought. I consider that if one follows my suggestions his thoughts will have few chances to wander, and if in some unguarded moment they fly off on trivial matters the earnest labor and firmness of purpose which characterizes his best hours will keep him from reaching the goal of temptation.

A valuable plan is to keep a quotation book in which to copy the beautiful thoughts that one often finds when reading. It is surprising how many of these can be learned at odd minutes, and they certainly are a source of great pleasure and profit. To you, who like myself, have some trouble in keeping control of the thoughts during meeting hour, I should like to mention the suggestion given in a paper entitled, "Our Silent Meeting," which was read before a Young Friends' Association some weeks ago. If before going to meeting we should read some selections replete with beautiful thoughts it would be a great help in taking our minds from business cares and trivial occurrences. Another thought which was mentioned in the discussion will also bear repeating. It is a good custom to read some beautiful passages before beginning the day's occupation, or when the mind gets tired or worried. A single quotation may put us in a better condition for our labors.

But there are many who cannot take time for reading at the beginning of the day, or in the midst of its work, but no one is too busy to recall a committed sentiment, and he will certainly be amply repaid for the trouble.

There is a great deal being said about the influence of thought. The view is entertained by some that we can benefit our friends both bodily and spiritually by holding good thoughts of them. However that may be, every thought we possess

leaves its impression upon our countenances. Who of us has not met men whose faces give the intimation of an incorrect life, while the face of the aged person, whose life has been pure and cheerful, will always be marked with beautiful lines.

But why is it that we often see pretty young women and handsome men with very little stability of character? George Eliott attributes these conditions to the pure and noble thoughts of past generations.

What responsible creatures are we; accountable even for our thoughts. Where is man's freedom if he is not at liberty to think? That man is free who can identify his desires with a hope for the progress of humanity, and who allows no selfish design to prevent his work for the uplifting of mankind. That man is free, and only he.

BERTHA J. SMITH.

THE ETERNAL STUDY.

The foundation of Christianity is built entirely on deific principle. Moses, Abram, Isaiah and David, together with the writers of the New Testament, utilized the same enduring substance for their base, but under different environments, in progressive order as history discloses.

In this era we accept certain parts of Biblical history as truth, having largely outgrown superstition, witchcraft, polygamy, slavery, war and the like. Continuously ascending the ladder until our vision overlooks the above mentioned variety of lowland scenery of our natures. In juxtaposition comparing it with the vantage ground of 1897. Positively knowing that it is man ascending—often stumbling in the ascent. That man never was in a position to eat food that would cause him to live forever—to be as God. Neither did God find it necessary to drown some and save others to perfect a plan. But in man's ascent he has come to know that