

A MEEK AND QUIET SPIRIT.

How much better, even in temporal matters, quiet people get along, than those who are constantly fretting over, or resisting some fancied slight or grievance. "The meek shall inherit the earth." If a man proves himself to be dishonest in his dealings, a sure way of avoiding similar troubles in future, is not to deal with him any more. If a person is angry or violent in his manner, quit his company as far as possible; and when you must associate with him, learn to use that "soft answer" which works such wonders. If any one speaks evil of you, do not follow it up with heated refutations, but let an upright walk and conversation disprove the calumny. Commit your reputation to the Lord's keeping, and he will, in the end, bring forth your good name clear as the noon-day. Remember Him, "who, when he was reviled, reviled not again;" and it will calm your spirit in its most turbulent moments.

An equable spirit tends much to promote that length of days which is a blessing of God, to be desired by every one who loves to labour for his Master. In a statistical report made in England, it was found that the Society of Friends were the longest lived of any in the nation: speaking well for their quiet, orderly, temperate habits of life. There is nothing that wears away a man's life like constant irritability or fretfulness. One addicted to this habit, unless some strong counteracting tendency exist, will die an old man in the prime of his years; and those who are compelled constantly to live in his society, will be very apt to feel that it was none too early. One can readily understand the feeling of the little child, who said "he did not wish to go to heaven if Grandpa did;" and when asked his reason, answered, "Because he would be all the time saying, 'Whew! whew! what are all these children doing here?'"

Such a spirit dishonors Christ, and grieves away the Holy Spirit; and no person is compelled, as too many think, to indulge such a disposition from their constitutional weakness. The grace of God has a thousand times subdued the most violent in temper, and made them gentle and loving. If you find no such sanctifying influence going on in your heart, "how dwell-

eth the love of God in you?" The only true ground on which you can rest your assurance that God has renewed your nature, is that you are "growing in grace."

PASTORAL VISITS.

The ideas of the visitor and visited are perhaps very different: the former is anxious to do good; it is, perhaps, entirely in a ministerial point of view he pays his visit; but, in nine cases out of ten, he can soon see that this is not the idea of the person on whom he calls. If there be a sick person in the house then, so far as that individual is concerned, a religious aspect may be put upon the visit, but not so far as others are concerned. Inside the walls of a place of worship is, in their idea, the place where the minister ought to speak religion; but not in their houses, and not upon a week day. If the minister do not go, he is thought a man that neglects his duty; and many worldly people are piqued at not being paid the compliment of a call. If he do go, they are perhaps offended at his endeavours to do good; they have certainly done what in them lies to waste his time, if not to make him as great a trifle as themselves. This was sorely felt by the excellent James Harvey, who for some years before his death visited very few of the principal persons in the neighbourhood. Being once asked why he so seldom went to see the gentlemen, who yet showed him all possible esteem and respect, he answered, "I can hardly name a polite family where the conversation ever turns upon the things of God. I hear much frothy and worldly chit-chat, but not a word of Christ; and I am determined not to visit those companies where there is not room for my Master as well as for myself."

God is called a rock, to teach us that, as this continues steadfast and immovable, while the whole surrounding ocean is in a state of perpetual fluctuation; so, though all the creatures of God, from the lowest to the very highest of the intelligent kind, are subject to change; capable of new additions, with respect to their knowledge, their power or their blessedness: God alone is absolutely the yesterday, to-day, and forever.