

a real pleasure ; or to some hospital ward, where a fresh, bright face and pretty dress would relieve the day's tedious monotony. How the time of those devoted to pleasure is filled up. No moments there left unredeemed ; night turned into day for the gratification of the gay and wealthy ; every energy called forth to crowd in the various engagements, forgetting that "the days are evil."

Again, there is the awful thought that sceptics and unbelievers are not idle. Too much time alas ! is redeemed by them in disseminating their fearful works and words. Oh ! let Christians see to it to be more zealous in effort, more zealous of the fleeting moments. If it were possible for those who dwell in the light of Christ's presence to be sad, surely the thought of misspent or misused opportunities here would cause that sadness. Even here to look back upon our past and to think what we might have done and did not. Even the cups of cold water only, might they not have been multiplied and our one precious talent so rightly, so ungrudgingly used, that when the day comes to render our account, we might hear with a deeper, fuller joy our Master's loving welcome, "Well done, good and faithful servant ; thou hast been faithful over a few things, enter thou into the joy of thy Lord?"—*E. Mordy.*

The soul that would be "always" with God must depend on Him alone for everything—it must renounce all self-chosen ways and will, accepting whatever God may appoint ; yes, it is this voluntary subjection that leads to being "always with God," and sometimes He is in truth nearest when the soul fancies Him afar off.

ACCEPTABLE FASTS.

It has been truly said that fasting, in its highest sense, reaches far beyond abstinence from bodily food. Christ's word is, "If any man will be my disciple, let him deny himself." Fasting is only one form of self-denial. There are many other things which we may give up for God in token of our penitential sorrow. We may forego bodily comfort, ease, opportunities of display, the praise of men, pre-eminence among our fellows. Any one who for Christ's sake will be severe with himself, who will take the lowest place, or the hardest place, or the hardest place, from its deep conviction that such a place is that which is most suitable for him, will most assuredly offer to God an acceptable fast. This great truth cannot be better expressed than in the words of St. Bernard : "If the appetite alone has sinned, let that alone fast ; but if other members, let them also fast ; the eye from curious sights and wandering glances, from looking with pleasure at any glass which reflects self : the ear from rumors, praise of self, slanders, gossip, controversy ; the tongue from detraction, murmuring, fault-finding, talking of self and of our own troubles ; the hand from needless work which hinders prayer ; but, more than all, the soul from vices and self-will."

A GOOD WISH.—It is my wish that every poor child in my kingdom may be taught to read the Bible.—*King George III.*

By not grasping at all within your reach, learn to bear the loss of what is out of your reach.