

"If you've heard a wise word spoken,
To a friend that word impart;
'T is a seed-thought full of blessing,
Plant it in another's heart."

Make a tour of the universities and colleges in company with John R. Mott, and let your soul drink in a little missionary enthusiasm while he talks to you about the Student Volunteer Movement. Go with Dr. Grenfell to the deep-sea fishermen of Labrador, or follow those angels of light, the deaconesses, through the slums of our great cities, and you will realize something of the power of thought to transform what would otherwise be a wearisome hour of suffering into one of glorious exaltation.

Be an altruist in conversation, as well as in thought. Try to have something helpful to talk about when your callers come to see you. Interest yourself in them for the time being, sidetracking your own troubles, and you may be able to send them away strengthened for a better service. If