

Let no precious time be wasted,
 To new life arise at length ;
 He who death for thee hath tasted,
 For new life will give thee strength.
 Try to rise, at once bestir thee,
 Still press on and persevere ;
 Let no weariness deter thee,
 He who woke thee still is near.

Waste not so much time in weighing
 When and where thou shalt begin,
 Too much thinking is delaying,
 Rivets but the chain of sin ;
 He will help thee and provide thee
 With a courage not thine own,
 Bear thee in His arms and guide thee
 Till thou learn'st to walk alone.

See ! thy Lord Himself is risen,
 That thou mightest also rise
 To emerge from sin's dark prison
 To new life and open skies.
 Come to Him who can unbind thee,
 And reverse thy awful doom ;
 Come to Him, and leave behind thee
 Thy old life—an empty tomb !

Work with and for Assistants.

In every Sunday-School there are child-loving young girls, who will be glad to take a class of little ones in the primary school. They are young Christian girls, with an enthusiastic, but not very definite, desire to "do something for Christ." They would shrink from the thought of taking a class in the big school, but they are quite willing to gratify the mother instinct, and at the same time feel themselves doing helpful work among the little ones.

Some will say that these same girls ought to be in Bible classes yet for a few years. Yes, unless they can learn more in a primary school. It is well to know the letter of the word, but it is better to know its spirit and practice, and here it may be learned. But the superintendent has a work with and for these young helpers. Many of them come into the class with the impression that they have little to do besides amusing the children and helping to keep order. It is ours to teach them how to teach. Not many of us are so favoured as to have access to a Normal class, and we have to make our own plans, and carry

out our own schemes. This may be a great advantage in many way.

A difficulty arises at the outset : How shall we get our helpers together ? These are such busy days ! And the young folks are almost, if not quite, as busy as their elders. Perhaps the best time, all things considered, is at the close of the school hour. Fifteen minutes every Sunday will be of great service in giving hints and getting at difficulties. The teachers are already present, and will willingly stay for that short time. Have brief notes of matters that need to be spoken of. You have thought of this and that during the week, that might be improved. Note it down, or it may escape you when wanted. To secure uniformity of teaching it is well, among young assistants especially, to have a simple outline prepared for the next lesson. Spend five minutes in talking it over, asking your assistants to write down the thoughts you wish should be made prominent in the teaching of the lesson. This is the time to give hints about the management of restless children, to discuss ways of promoting promptness, and many other things which teachers need to learn quite as much as do children.

Can you not see how work of this kind trains good teachers for advanced work ?

HERE are some hints on "How to get the scholar to prepare his Sunday-school lesson." 1. Let the teacher always be prepared himself. 2. Let the scholars see that the teacher expects preparation, and is kindly, but firmly, determined to have it. 3. Ascertain at every lesson what scholars have studied the lesson, and just how much they know about it. 4. Notice and recognize every attempt at preparation by the scholar. 5. Assign to each scholar, a week in advance, a written question to which he is expected to prepare an answer ; keep a record of the questions and names, and call for the answers in the class. It would be a good plan to send the questions on postal-cards through the mail. 6. Invoke the influence of home and the authority and love of the parents in the matter of preparation. 7. Win the love of the scholar so fully that he will learn the lesson because it pleases his teacher.—*The Study.*