

the constitution; do personal work for God. If you are a school-teacher, do a little extra work, and offer the money to God; do the same if you have talent for music."

The awarding of the prize banner caused some discussion. A superintendent of a Sabbath-school in London gave twenty-five dollars, thus making one hundred of his scholars members of the mission circle. This circle was not allowed to take the banner, as the advance was not considered fair. The banner was given to the Circle of Charles Street Church, Ingersoll, as they had the next largest increase in membership.

The convention closed with a report of the committee on courtesies given by Miss Grafton. Woodstock was the place of meeting selected for next year.

—Flora McD. Lounsbury.

Only.

Only a seed—but it chanced to fall
In a little cleft of a City wall,
And taking root grew bravely up,
Till a tiny blossom crowned its top.

Only a flower—but it chanced that day
That a burdened heart passed by that way,
And the message that through the flower was sent
Brought the weary soul a sweet content.

For it spoke of the lilies so wondrously clad,
And the tired heart grew strangely glad,
At the thought of a tender care over all,
That noted even a sparrow's fall.

Only a thought—but the work it wrought
Could never by tongue or pen be taught;
For it ran through a life, like a thread of gold,
And the life bore fruit an hundred fold.

Only a word—but 'twas spoken in love
And the hushed prayer to the Lord above,
And the angels in heaven rejoice once more,
For a new-born soul "entered in by the door."

Self Sacrifice.

There are many things more sacred even than life, though life is a sacred trust. To a man of honor, honor is superior to life. If the soldier studied self alone, he would shun the battle field with its horrors, carnage and risks; but his country's defence he holds to be a sufficient equivalent even for his life. And the servants of God, who fight against error, superstition, ignorance and sin and go to all parts of the globe because they love Christ and desire to spread the glad tidings

of salvation, are actuated by a spirit of self sacrifice, rather than a feeling of self preservation. The martyrs suffered at the stake because they preferred death rather than to violate their conscience. If truth, duty and principles are sacrificed, life can have no attractions and, hence these things are higher even than life.

There is a passage in the New Testament which says the same thing in fewer words: *"And fear not them which kill the body, but are not able to kill the soul, but rather fear Him who is able to destroy both soul and body in hell."* Christ had been speaking to His disciples about persecutions to which they would be subjected, and hence He tells them to "fear not" though they should lose their lives, for such sacrifice would mean ultimate reward.

—GEO. W. ARMSTRONG,
London, Ont.

An Example for Others.

In a hamlet, less than twenty miles from Hamilton, may be found gathered in a small and dimly-lighted room a number of young people. They have not been aided on their way hither by electric lights and side-walks, and have not spent their days within easy reach of a lending library. Nevertheless at this, their meeting of Y. P. S. C. E., each member took some part other than reciting a scripture verse. They had grasped the Christian Endeavor idea that every member should get some thought from the topic and express it in their own words. "How much and how well" seemed their invisible but inspiring motto. It is not one fine address, or beautifully written paper, that makes a good meeting, but thirty or forty burning thoughts, from as many earnest souls.

—M. L.

Hints on Teaching a Sunday-School Lesson.

BY S. B. SINCLAIR, B. A.

I. AIM.—Keep constantly in view the aim of Sunday-school Work, to lead to Christ and to build up the soul in Christ.

II. PREPARATION.—(a) Come to the subject with a prayerful spirit for guidance; (b) Prepare with such helps as produce in you mental activity; (c) Prepare with each individual member of your class in your mind, and with a controlling desire to instruct and help; (d) See that your own knowledge of the subject is full and complete.