man possesses this, he should never enter a diving suit; for if there is any place in the world where one wants a clear head, it is

A Pin-Cushion Leads to a Soldier's Conversion.

We give the following from the 'Sword and Trowel':-One of the London city missionaries was toiling with us in the Hop-Pickers' Mission, Kent. His people in London, anxious to help their missionary, but too poor to do much, hit upon the happy idea of making a number of small camphorbags and pin-cushions, and neatly attaching to each a text of scripture. These were distributed among the women in the gardens and camps. One of them, Mrs. S., shortly afterwards was writing to her soldier son in India, and it occurred to her, as a happy thought, to enclose the little gift as a souvenir of his earlier years, when he used to accompany his mother on her annual visits to Kent. Attached to this pin-cushion was the verse from I. John i., 7, "The blood of Jesus Christ, his son, cleanseth us from all sin. This text God used in leading the young soldier to Christ, and the following mail from India brought the glad news of his conversion, and subsequent letters told the further good tidings of his efforts to win his comrades for the Saviour. He is to-day an earnest Christian worker in the ranks in India.-'Christian Herald.'

Soul-Winning. A MESSAGE TO THE YOUNG.

(By the Rev. F. B. Meyer, B.A.)

'He that winaeth souls is wise.' It is a wise thing to win a soul, because the soul alone, of all created things, is destined to Work wrought on every other fabric beside will perish in the last conflagration; the heavens shall melt with fervent heat, the earth, and all the works thereof shall be burned up, the rocks on which men have engraved their names will become liquid, bronzes, gold, silver with their epitaphs will dissolve; the soul alone will outlive the pyramids, the Sphinx, the rocks, the earth, the sun and stars; and therefore, if we desire to do work which will last, it is a wise thing to do it for the soul. Win a soul for God, and you have set in motion impulses which will vibrate when time is a memory, a bubble on the ocean of eternity. is a truth for the earnest contemplation of every Christian Endeavorer.

Around the base of the dome of St. Paul's Cathedral this inscription is written in honor of the architect, Sir Chrstopher Wren: 'Si monumentum requiras, circumspice.' If you are seeking his monument, look around. But that monument to Wren's genius and gift will crumble to mother earth, whilst the salvation that has accrued to souls through the devoted work of humble men and women will be monuments of their painstaking, selfsacrificing zeal,

> When the sun is old, When the moon grows cold.

It is a wise thing to win a soul, because of the rapidity with which soul-saving work accumulates. Sow a seed in the ground, and it will bear thirty; each of those will bear thirty; and each of those, thirty; so that in three generations you can almost count a million. It is impossible to estimate the result of the winning of one soul.

There was a year in the little church at Blantyre when but one convert was welcomed to the Lord's table, but that lad was David Livingstone, and as he was sown in the soil of his much loved Africa, he has become the seed germ of that mighty ingathering of souls which is being garnered into the heavenly storehouse.

A young Sunday-school teacher, a poor seamstress, one Sunday gave to a rough street arab a shilling to induce him to go to a Sunday-school. That boy, Amos Sutton, was converted, went to work as a missionary among the Telugus, and after twentyfive years ten thousand converts were won in a single year.

It is wise to win a soul, because it gives Christ such joy and glory. When Thomas Aquinas thought he was offered his choice of a reward for his service, he replied, 'Non alium, nisi te Domine.' Nothing less than thyself.' Surely every true heart echoes the sentiment, and as we kneel before him he seems to say, 'You shall have an eternity in which to enjoy my presence and fellowship, but, in the meantime, time is short, souls are perishing; if you love me seek them.'-Christian Intelligencer.

Sunday Trains.

In answer to a question with regard to taking the cars on Sunday, 'Pansy,' answers as follows in the 'Golden Rule':- 'Your question is one that I think may be answered, at least in part, by asking two or three others. Let us try it.

Do you think that railway traffic on the Sabbath day, as it is at present carried on, is right? If not, and you permit yourself to ride on the Sabbath day for any purpose whatsoever, where do you throw your influence? On which side may you be quoted?

Not long ago I spent a winter in a town where Sunday excursion trains were run at special rates to a certain seaside resort. To the girls and boys whose time on weekdays was crowded with work, the temptation to patronize these cheap Sundap excursions was tremendous there was constant yielding to it. One girl in particular was frequently absent from her place in Sunday-school with no better reason than that. On being argued with concerning the practice, she replied quickly, 'Miss Blank rides on Sunday trains; I saw her only a few weeks ago in the 10.20 express.' Now Miss Blank lived in another town and probably did not realize that she was known by sight to a person on the train. As a matter of fact, she was particular about her Sabbath time, and permitted herself to take the night train for home only on very rare occasions, when she had been providentially detained through the Sabbath; yet here she was, lending her influence to a form of Sabbath desecration that she deplored, and would have been shocked to find herself sustaining.

The truth is, it is not what is expedient or convenient or comfortable that we need to consider, but What is right? If there is a shadow of doubt as to the right way, would it not be well to give our Master the benefit of the doubt? I wish I had space to talk to you further about this important and farreaching matter of Sabbath observance. wish I could induce our endeavorers to take strong ground on all the issues involved, even at the risk of being called 'narrow' and 'fanatical.' There are worse names than those. I suspect our Lord Jesus Christ, if he were on earth to-day in bodily presence, would be considered very fanatical indeed.

No Wonder He Jumped.

A man was standing quietly at the corner of 33rd street and Broadway, one afternoon, observing the passing throng. Suddenly he gave a yell of pain and began hopping about in a wild manner. The man quickly pulled off his coat and cried: 'A piece of hot coal has fallen down my back.' Several persons came to his assistance, and after they got off his collar, pulled out a burning cigarette more useful! The nearer the happier!

stump from underneath his shirt. Some one had thrown it from the elevated railway station.-'Star.' Washington, D.C.

Things That Keep Us Erom God.

(By Rev. G. B. F. Hallock, D.D.) If any of us are mourning the coldness of our Christian living it is well for us to face the fact that there are many easily enumerated things, possibly all too common in our lives, that are sure to maintain a sense of distance between our souls and our Saviour. It may prove a real help towards their avoidance if we will definitely recall what some of them are.

One of these is the rush and hurry of our modern life. Many of us are in danger of being 'jostled out of our spirituality.' scarcely take time to think. There is a beautiful hymn we sometimes hear sung, 'Take time to be holy.' It takes time to be holy. The Christian needs to take time for meditation and prayer. Meditation kindles thought and thought kindles love, and love quickens every other grace.

Irregularity of spiritual nourishment is another thing that stands between not a few of us and any attainment in grace. Some of us may take time for religion, but it is only occasionally, or at long intervals. We read God's word only at irregular periods. We pray only once in a while. We attend God's house too seldom. Instead, we ought to seek spiritual nourishment at frequent and stated times. We need communion with God as much as we need our daily bread, and as regularly too.

The attractions of worldliness are likely, to form another barrier between us and God. This is a beautiful world. God wants us to be happy in it. We are to live in the world, but we are not to have the world live in us. We are to 'use the world as not abusing

We are told that while in the world we are not to be of it. It is all right for a boat to be in the water, but when the water gets into the boat the boat sinks. So when money getting and pleasure getting fill us, our spiritual life is submerged. Nothing more certainly than selfishness will separate us from God.

Grieving the Holy Spirit is another common barrier that comes between the Christian and his Lord. We too commonly think of this as a sin only of those who are not Christians; but we are wrong. To us who are Christ's the good Messenger comes over and over again, and we do not receive him. He points out a duty and we do not do it. He calls us to a higher life and we do not aspire, or try to climb. We turn him aside. We drown his voice in the confusion of We go on heedless of his earthly things. love and of his call. In so doing we certainly grieve him and cut ourselves away from the grace and blessing of God.

Futhermore, we too often display a lack in the matter of frank and full and immediate confession of our sins. We cover and excuse and make allowances for them. We permit too much time to elapse between sin and the seeking of pardon. Let us be careful not to excuse or apologize for the wrong things we do, nor delay penitence or the seeking of forgiveness, if we would not experience a growing sense of distance between us and God.

It scarcely need be added that deliberate disobedience is sure to drive us away from God and turn his face away from us. us guard against the things that come between our souls and God; and let us cling to the things that promote nearness to him. The nearer the stronger! The nearer the