

recited by different juniors in the meeting, after the address or essay on the topic has been given.

"They are never alone that are accompanied by noble thoughts."—*Sir P. Sidney*.
 "Tis the mind that makes the body rich."—*Shakespeare*.

"A noble mind makes women beautiful."—*Fletcher*.

"Words without thoughts never to Heaven go."—*Shakespeare*.

"It is the mind that maketh good or ill, that maketh wretch or happy, rich or poor."—*Spenser*.

"The mind's the standard of the man."—*Watts*.

"A moment's thinking is an hour in words."—*Hood*.

"My mind to me an empire is
 While grace affordeth health."
 —*Southwell*.

"Evil minds
 Change good to their own nature."
 —*Shelley*.

"My mind to me a kingdom is;
 Such perfect joy therein I find
 As farre exceeds all earthly bliss,
 That God and Nature hath assigned."
 —*Old Ballad*.

"It is the mind's for ever bright attire,
 The mind's embroidery, that the wise admire,
 That which looks rich to the gross vulgar eyes,
 Is the fop's tinsel, which the grave disdains."
 —*Dyer*.

JANUARY 25.—THE BRITISHER AND WHAT HE OWES THE RACES TO BE WON.—Psa. 1.

In former topics we have been studying about other races of mankind, each of which contributes to the completion of Christ's Kingdom. In this topic we will turn the glass upon ourselves, looking at our racial characteristics and opportunities, and the gifts which God has given us. This we do that we may learn what special part as Britishers we play in Christ's Kingdom. Upon the black board write the following:

God's Gifts.

Our Sea }
 Our Flag } Why?
 Our Bible }

The Gift of the Sea.—Get the Juniors to tell about the ancestors from whom we are descended, going back to Norman, Dan, and Saxon. Some will have heard of Alfred the Great; others may have more or less definite ideas about our Viking ancestors, the hardy Norsemen. The leader or superintendent can supplement from his own knowledge. Try to get material from the Leagues helping to show how our sea power grew. During the study let us realize that Canada is a daughter of Great Britain. From history we may obtain the story of the Spanish Main, or Drake or of Raleigh in the days of Queen Bess. The Juniors will be delighted to bring short essays on any of the subjects.

Have a map of the world upon the wall, and with tiny pin flags (homemade or bought) get the Juniors to work out the extent of the Empire to-day. Some boys will show the coaling-stations of England's fleets. Others will revive memories of what they learned on Empire Day. We struggled for sea power with the Spaniards; we struggled with the Dutch. To-day the Empire stretches through all latitudes, over all longitudes; it includes all climates, its dominion extends over all seas and oceans of the world; it holds the key of all the waterways upon the planet.

Wolfe's capture of Quebec gave England Canada. Clive's victory at Plassey brought India.

Whose battleships put down slave-trading and robbery by white men? The South Sea Islander knows the Britisher. How is it that England has so much influence upon China to-day? Are our ships in her waters? From whom does the Hindu gain his ideas of Western nations and their ways? What nation has the biggest chance of making Africa a happy country? All of these questions may not be answered in the limited time at our disposal. Choose from these suggestions, tune up your flag brings us in contact with the nations of the world. Ask the Juniors what gift besides the Sea and the Flag God has given to Englishmen. They are sure to mention religion, the Bible or closely connected word. Let them decide by vote which is the greatest.

Is it possible that God has given us a chance that he has given to no other nation—the greatest nation on earth and with the largest empire? The leader must avoid anything that savors of national self-glory. With all our opportunities for service we have great facilities for helping those who are less fortunate than of ourselves. Much is required of us, and God expects that we shall use all his gifts to us for the betterment and uplifting of mankind.

Send for the little book, "Talks on Races to be Won." Price 15 cents.

At appropriate times during the meeting use the recitations "The English Flag," and the poem by Henry Newbolt.

C. G. W.

THE ENGLISH FLAG.

What is the Flag of England? Winds of the World, declare!
 The North Wind blew:—
 The lean white bear hath seen it in the long, long Arctic night,
 The musk-ox knows the standard that flaunts the Northern Light;
 What is the Flag of England? Ye have but my bergs to dare,
 Ye have but my drifts to conquer. Go forth, for it is there!"

The South Wind sighed:—
 "My basking sunfish know it, and wheeling albatross,
 Where the lone wave fills with fire beneath the Southern Cross.
 What is the Flag of England? Ye have but my reefs to dare,
 Ye have but my seas to furrow. Go forth, for it is there!"

The East Wind roared:—
 "The desert dust hath dimmed it, the flying wild ass knows
 The scared white leopard winds it across the taintless snows.
 What is the flag of England? Ye have but my sun to dare,
 Ye have my sands to travel. Go forth, for it is there!"

The West Wind called:—
 "The dead dumb fog hath wrapped it—the frozen dew has kissed—
 The naked stars have seen it, a fellow star in the mist.
 What is the Flag of England? Ye have but my breath to dare,
 Ye have but my waves to conquer. Go forth, for it is there!"

—*Rudyard Kipling*.

In many Leagues some member will be able to recite Rudyard Kipling's "Recessional," learned so often in our schools. Where this is not possible perhaps the following lines by Henry Newbolt may be reverently said by an elder boy or girl:

O Lord Almighty, Thou whose hands
 Despair and victory give;
 In whom, though tyrants tread their lands,
 The souls of nations live;

Thou wilt not turn Thy Face away
 From those who work Thy will,
 But send Thy peace on hearts that pray,
 And guard thy people still.

Remember not the days of shame,
 The hands with Rapiers dyed,
 The waving will, the baser aim,
 The brute material pride:

Remember, Lord, the years of faith,
 The spirits humbly brave,
 The strength that died defying death,
 The love that loved the slave.

Remember how, since time began,
 Thy dark eternal mind,
 Through lives of men that fear not man,
 Is Light for all mankind.

Thou wilt not turn Thy Face away
 From those who work Thy will,
 But send thy strength on hearts that pray,
 And guide Thy people still.

FEB. 1—KINDNESS.—Eph. 4: 32.

For the Junior preparing this topic the following suggestions are made:

In verse 31 you will see some of the feelings we are not to hold or show to others. "Bitterness," "wrath," "anger," and such like, are all to be "put away." But the not doing of these evil things is by no means all. We are not good just because we don't do bad deeds or show an evil spirit or disposition. Some people seem to think that the not doing of sinful deeds constitutes righteousness. It is only one part of it. "Cease to do evil" is one side, "learn to do well" is the other. So St. Paul does not stop with telling the people what not to do; but he proceeds to announce a very positive virtue and grace, and this he tells them they are to cultivate and show in living together. This is the topic of to-day—*Kindness*.

Just what he means we can easily see. He mentions the form he wants this spirit of Christian dealing to take among them. So he uses the words "tender-hearted," and "forgiving." These suggest to us how easy it is for us to be cruel and harsh with one another.

Such a temper is easily developed in girls and boys. Not only among themselves, but to animals also is it shown. A dog or a cat quite innocently runs in a boy's way, and unthinkingly he gives it a kick, or pelts it with stones. In many ways the spirit of cruelty may be shown; but whatever the form it takes it always tends to make the heart hard and unfeeling, and to give unhappiness and pain to others.

At home, at school, in play, every day many chances come for being either cruel or kind to somebody else, and we make others happy or we grieve them, by the way we treat them in our words and actions.

Now notice that St. Paul says "Be kind." That goes to our very hearts, does it not? He does not mean that we are to try to say kind words or to do kind actions merely, but to be kind. If we are kind in heart, our lips will find it easy to speak kindly, our hands will find it easy to perform kindly deeds. In short, we will show what we really are by what we say and do.

How are we to get this inward feeling of kindness? I think Paul suggests the very best way of all when he tells us of what our Heavenly Father has done for us in our Lord Jesus Christ. It is as if he said, "When you feel cruel, think of God's love." "When you are tempted to cherish a grudge against anybody, think of God's love." "When you want to say harsh words or do a hurtful deed to someone else, think of God's love."—Is there any better way? I know of none.

We are to be kind because God is kind. We are to be kind in the same way that