

this wicked world, that is anything which we are in danger of loving too much, so as to draw our hearts from God; and all the sinful lusts of the flesh, such as too much care about eating or for our own ease and self-indulgence. In our second, we engage to believe all the articles of the Christian Faith, and these we find contained in the Apostles' Creed. In our third, to keep God's holy will and commandments and to walk in the same all the days of our life.

This is a great work and we often feel discouraged and tempted to give it up. But our Saviour knows that, as our bodies cannot live without food so neither can our souls, and so He gives us, in the Holy Communion the spiritual food of his Body and Blood to strengthen and refresh us, and to help us to continue His faithful soldiers and servants to our life's end.

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### CHARITY.

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WHAT is Charity? St. Paul tells us it is that without which those virtues to which we are accustomed to give the highest place are absolutely worthless in the sight of God. Faith that could remove mountains courage and consistancy, and generosity and self-denial—all these which ennoble human life, and to which we look up with a glow of admiration and respect are without charity NOTHING in the sight of God.

It is well that we should ask ourselves, faithfully and without self-deception, the question whether we possess *this* without which we must not dare to hope for the favor of God. *Charity suffereth long and*

*is kind.*—Am I gentle and long suffering and *kind*, kind in the Apostle's sense of the word? *Charity envieth not*—do I envy those who are happier than I? *Charity vaunteth not itself, is not puffed up, doth not behave itself unseemly*—am I humble, modest, pure? *seeketh not her own*—do I put self aside? And so on through the whole searching catalogue. What a guide it is whereby we may know ourselves! and what a treasure to earnestly covet and patiently seek after that grace with which the Redeemed shall be clothed in the bliss of eternity, when Faith shall be merged in sight, and Hope is changed into possession. Charity abideth forever! to raise the voice of adoring Praise and Thanksgiving before the Throne and the Lamb.—*Church Guardian.*

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### THE NATURAL STATE.

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EACH of us came into the world with his own special temper, his own natural good and evil. Each had his own special leaning towards some virtue or some vice. No two persons are, even by nature, exactly alike. You see this in children. Before they themselves know good or evil, even while they lie on their mother's breast, you may often see the character, like to be unfolded in the future man or woman. This is the natural soil of the human heart, which God, the great Husbandman, digs, breaks up, by His providences or by His Word and by His Holy Spirit, softens by His grace, enriches by the richness of His gifts, by the Holy Ghost, which he pours into