

Again the empty or half-filled, altar-rail—those few most precious moments of our time left unredeemed by the non-use of our opportunity. Every Sunday should be as a red-letter day in Time's calendar, each one redeemed from waste and sloth, from self and earthliness.

Oh for a more thorough appreciation of the value of time in our efforts at work for our Master! Men of business understand it, earnest students of earthly love grasp it, but do Christian workers realise its preciousness? We need to grasp the knowledge that times and seasons are slipping away, silently, surely, rapidly, and one moment lost or misused can never be recovered. Our dear Master never wasted a minute. How great was His anxiety to work while it was day, because the night cometh when no man can work; and even then, after His well-used days, He continued his work in a loving intercession with His Father on the mountain-tops. Even when His presence graced some festive board He never lost an opportunity of doing good—now a word of warning or of tenderness, now a stern rebuke, but ever and always was the consciousness of His life's work and the shortness of the time allotted.

"As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith." There are many noble souls who are ever seeking "to do thee good because of the house of the Lord our God," but there are still many who neglect the apostle's injunction. Perhaps they never have thought of it. We are so prone to selfishness in even our most holy things, and are so busy with ourselves, thinking of what we

need from our pastors and teachers, and how much good we can get from their life and work, that we are apt to forget how we in turn should use every opportunity to help on some weaker one, or cheer some sorrowful one, leaving them brighter and stronger by contact with us, they in their turn passing on in some degree the influence to others,—thus redeeming the time for our Master.

Sunday-school work: what golden opportunities every week—one hour at least generally devoted to the best of all work—drawing little ones to the Saviour. Let us see to it that not one moment of that precious time pass unredeemed. Let every moment be utilised with one or another of the little flock, remembering they are the blessed of the Lord: and if He was much displeased with those who tried to keep the children away from Him, surely those teachers whose sole aim is to win them to Him now will be very dear to His heart.

Visiting the poor and afflicted: here again the time is so short in which to speak for the Master, that to redeem it fully even looks and words need be studied, and a loving interest pervade one's whole being, that those whose hearts have not yet been given to Christ may at least not be repulsed by any mannerisms in those who seek to do them good.

Then as to social duties: without any defection from their claims, might not a little time be redeemed from them? A few moments saved from each call would give time for a short visit to some one who, perhaps, may not be on our visiting list, but to whom, nevertheless, a few minutes' cheerful conversation would be