Frances Havergal speaks of a time in her early experience when she read her Biole in a "straight on" sort of way. Later she says: "I distinctly remember reading in a new and glad light the fourteenth chapter of St. John's Gospel. I read it, feeling how wondrously loving and tender it was, and that now I, too, might share in its beauty and comfort."

A friend told me that sometimes a single word would impress her when she was listening to Scripture reading, and that word she would underline in her Bible. On one occasion it was the word "kept." (1 Peter i. 1.) With her reference Bible she made a study of that little word, and found it full of assurances of being "kept as the apple of the eye." "Often," she said, "when I have been list ssly turning the leaves of my Bible, too tired, may he, or too sick to read, my eye his caught that underlined special 'kept,' and I have been helped and comforted, feeling somehow that a direct message had come to me."

A young lady who was summering in the country, but who never took a vacation in her Mister's service, found an old blind woman, whose grandchildren went away to work and left her alone all day. From out the treasury of her special Bible verses she taught one to the old lady at each When she went for the last time the old lady said: "O, dear Miss, the summer's gone too quick for me; it made the time pass so pleasant, its having them beauti ul texts. I couldn't tell you how 'all' passed away the There's, 'I am poor and needy, but the Lord thinket's upon me;' there's many as don't think about a poor old blind body like me, but the Lord does; and that must be for me, Miss, because I am very poor. then there's, 'When thou passest through the waters I will be with thee;' that's my companion, I call it, Miss; vou wouldn't believe what company it is to me, and it seems to take me through all my little troubles of every day. I don't think that's been out of my mind an hour since you learned it to me. Ah! I know what came next: 'Having loved His own which were in the world, He loved them unto the end;' that was right, wasn't it, Miss? I couldn't say it right by at first, but I've got it fast r than any now, since you taught it to me over a ain; that's always my comfort when I feel so sinking like, and I think perhaps it's the end coming near, and then 'He'll love me unto the end.' But that last one I learned, 'Thine eyes shall see the King in His beauty,'-that is beauti ul! My poor eyes, Miss, that can't see you, it says they shall see Him; to think of that now!" and the dear old woman's voice murmured on in broken exclamations of happy anticipation till she seemed almost to forget her visitor's presence. Just an illustration of what can be done with the crumbs from the Master's table when we have learned to appreciate and use them. -J. M. Bingham, in S. S. Journal.

## THE BIBLE IN THE HEART.

The Bible may be in the hand or house, and not be in the heart. Physiologists say that food is never really in the body until it is in the blood, and to put it there requires the process of digestion. The livin, bread of Christ must pass through the head and heart into the life-blood of character before the tissues of the soul can receive spiritual life and growth. When the celebrated Grimshaw first found Christ, he told a friend that "if God had drawn up his Bible to heaven and sent him down another, it could not have been newer to him." Yet the only difference was that between the word in the hand and the word in the heart; but how vast the difference!—New York Evangelist.