My little children, let us not love in word, neither with the tongue but in deed and truth. -I. JOHN iii: 18.

Buddha said : "All acts of living creatures become bad by ten things, and by avoiding the ten things they become There are three sins of the body, good. four sins of the tongue, and three sins of the mind.

The three sins of the body are murder, theft, and adultery.

The four sins of the tongue are lying, slander, abuse, and idle talk.

The three sins of the mind are covetousness, hatred, and error.

Therefore I give you these commandments:

Kill not, but have regard for life.

Steal not, neither do ye rob ; but help everybody to be master of the fruits of his labour.

Abstain from all impurity, and lead a life of chastity.

Lie not, but be truthful, and speak the truth with discretion, not so as to harm, but in a loving heart and wisely.

Invent not evil reports, neither do ye repeat them. Carp not, but look for the good sides of your fellow-beings, so that you may with sincerity defend them against their enemies.

Swear not, but speak decently and with dignity.

Waste not the time with empty words, but speak to the purpose or keep silent.

Covet not, nor envy, but rejoice at the fortunes of other people.

Cleanse your heart of malice; cast out all anger, spite and ill-will; cherish no hatred, not even against your slanderer, nor against those who do you harm, but embrace all living beings with kindness and benevolence.

Free your mind of ignorance and be anxious to learn the truth, especially in the one thing that is needed, lest you fall a prey either to scepticism or to errors. Scepticism will make you indifferent and errors will lead you astray, so that you shall not find the noble Path that leads to life eternal.

From the Sutra of the Forty-two Sections, a Scripture of the Japanese Buddhists, and embodying the teaching of Gautama Buddha, B.C. 500.

G

PARAMHANSA SREEMAT RAMERI-SHNA.

I have attempted in the following sonnets to embody in poetic form a few of the utterances of the Sage, Ramkrishna Paramhansa, as recorded by Protap Chunder Mozoomdar in a small pamphlet published in India with the above title.

> A. TREGINA, F.T.S., Washington, D.C.

The bee, that doth delight to buzz around Outside the fragrant petals of the flower, When in the blossom, feels the nectar's power. Is hushed, forgetting self, forgetting sound. Thus, entering the silence, man has found Its peace. The lonely forest-dweller's bower, Where sits the Sage entrane'd from hour to hour,

Holds, like the lily's cup, a joy protound.

And into such a still, heart hermitage, Ev'n in the noisy mart man may retire. And with hushed senses taste immortal joy Which, nectar-like, doth his soul-thirstassuage, When he has slain aversion and desire And gained that peace which nothing can destroy.

TT.

I float, a frail, half-sunken log of wood, , pon the bosom of earth's troubled wave. If men lay hold on me their lives to save, They drown me, gaining to themselves no good, Beware of Gurus!¹ every Rishi ² stood, Aye, dared to stand, alone : yet wisdom gave Companionship within the lonely cave To some, to whom her presence was as food.

Oh KALL⁵ Mother dear, I'm without Bhakti,⁴ Without Yoga,⁵ friendless and poor, I seek No praise from man; let me dwell only 'neath The lotus of Thy feet! The Vidya⁶ Shakti⁷ Is all the Siddha⁸ that I crave! Though weak, Crown me with Wisdom's Strength as with a wreath :

TTT.

Hold fast the post, well driven in the ground, With both thy hands; all fear of falling cast From out thy heart; then canst thou gyrate, fast

Revolving, without danger round and round. When thou a fixed strong principle has found Have faith in it! Move how thou may st, thou hast

No longer cause for fear : safe 'til the last, No harm nor danger can thy heart confound.

Without such principle thy smallest move

Is but a step towards a fall. Hear now The wisdom of the Sage! When thou hast slain Doubt with the sword of Knowledge, and Selflove

Hast conquered, learn this grandest lesson, thou:

"BRAHMAS MONE IS TRUTH, ALL ELSE IS VAIN.

¹Teachers; ²Adept, Master; ³Goddess of Power; 'Love; 'Union (with God); "Knowledge; "Force; "Occult power; "God.