

the mind can be neglected and the best gotten out of the body. At forty-five the time has come for greater mental exercise than ever, and the opportunity should not be neglected.

Finally, give the soul exercise. Commune with the Maker, talk with Him of your work, your cares, your trials, your delights, and life will be sweetened beyond compare, and your usefulness increased a thousandfold. The author of the old hymn,

"I love to steal a while away
From every cumbering care,"

knew what this communion was, and the restfulness that comes from soul-exercise.

THE END.