

with weighty ideas, so trained in the channels of solid intellectual exercise, that they need much diversion in light reading of any sort. We common folks, busied with ordinary pursuits, have more need of solemn truth than of airy fiction to maintain in ourselves a decent mental equilibrium. There are books accessible to us all which, while entertaining, tend to raise a devotional spirit. They awaken the affections without disordering them. They elevate and purify the aspirations, reveal true character to us, and foster a desire for the spiritual and holy. They show us the malignity of sin, the deformity of our hearts, the evil lurking in our wills, and unfold better ideals, point to the Saviour, incline us to seek His face and favour, persuaded that there is no salvation in any other. The same is true of some companionships. There are people whose very presence is an incitement to holiness. They have a power of character which makes itself felt without speech or action. Their conversation is also inspiring, and their deportment in keeping with their profession. They are not austere, but pure, not ostentatious, but wise and good. How much better the society of these than the intimacies of such as dote on frolics and fashions, sordid gains and low endeavours! How much more real, too, their happiness, the comfort they get out of life, and the permanent advantages they gain from existence. They have the prize of their high calling in view, and are occupying their moments with reference to the eternal years. In this world we must make good use of our privileges and powers. We must be diligent students of the Word and frequent applicants at the throne. Bible study, private prayer, public worship, and earnest Christian work, are the truest and most healthful methods of religious culture and growth. Study makes us wise, prayer makes us devout, worship inspires us, and work promotes good spiritual circulation. These bring the calm of an approving conscience and the smile of God. With due care that all our occupations and amusements are such as we can implore God's blessing upon, and with firm purpose to exercise ourselves vigorously in all Christian duties, we shall find our spirits increasingly devotional and our conscious preparation for heaven more and more perfect.—*J. H. Potts, D.D.*

A HOLY LIFE IS TRUE FORCE.

If you would be useful be careful of your life. Many a man's