

One at a Time.

One step at a time, and that well placed,
We reach the grandest height;
One stroke at a time, earth's hidden stores
Will slowly come to light;
One seed at a time, and the forest grows;
One drop at a time, and the river flows
Into the boundless sea.

One word at a time, and the greatest book
Is written and is read;
One stone at a time, and a palace rears
Aloft its stately head;
One blow at a time, and the tree's cleft through,
And a city will stand where the forest grew
A few short years before.

One foe at a time, and he subdued,
And the conflict will be won;
One grain at a time, and the sands of life
Will slowly all be run.
One minute, another, the hours fly;
One day at a time, and our lives speed by
Into eternity.

One grain of knowledge, and that well stored,
Another, and more on them;
And as time rolls on your mind will shine
With many a garnered gem
Of thought and wisdom. And time will tell.
"One thing at a time, and that done well,"
Is wisdom's proven rule.

"Cast Thy Burden upon the Lord."

One sometimes sees a petulant and self-confident little child staggering along with some heavy burden by the parent's side, but pushing away the hand that is put out to help it carry its load. And that is what too many of us do when God says to us "Here, My child, let Me help you. I will take the heavy end of it, and do you take the light one." "Cast thy burden upon the Lord"—and do it by faith, by simple trust in Him, by making real to yourselves the fact of His Divine sympathy, and His sure presence to aid and sustain.

K.D.C. Pills the best all round family pills on the market.

Time and Sorrows.

If we think of some of the purposes of our sorrows and burdens, we shall discern still more clearly that time is needed for accomplishing them, and that, therefore, love must delay its coming to take them away. For example, the object of them all, and the highest blessing that any of us can obtain, is that our wills should be bent until they coincide with God's, and that takes time. The shipwright, when he gets a piece of timber that he wants to make a "knee" out of, knows that to mould it into the right form is not the work of a day. A will may be broken at a blow, but it will take a while to bend it.

"I Stand Upon the Mount of God."

If it is true of us that we know His name, then our lives are hid with Christ in God, and far down below our feet will be all the riot of earth and its noise and tumult and change. We shall live serene and uplifted lives on the mount, if we know His name and have bound ourselves to Him, and the troubles and cares and changes and duties and joys of this present will be away down below us, like the lowly cottages in some poor village, seen from the mountain top, the squalor out of sight, the magnitude diminished, the noise and tumult dimmed to a mere murmur, that interrupts not the sacred silence of the lofty peak where we dwell with God. "I will set him on high because he knows My name."

Rheumatism Cured.

Rheumatism is caused by lactic acid in the blood attacking the fibrous tissues of the joints. Keep your blood pure and healthy and you will not have rheumatism. Hood's Sarsaparilla gives the blood vitality and richness and tones the whole body, neutralizes the acidity of the blood and thus cures rheumatism.

Hood's Pills are the best after-dinner pills, assist digestion, cure headache.

Last Prayer of Robert Louis Stevenson.

In the far-away and peaceful island of Samoa, whither he had gone in hopes of arresting the progress of his insidious disease, the devout character of the great poet-novelist shone with a peculiar lustre. He gave a beautiful and helpful example of patient endurance to his fellow-sufferers there and everywhere. On the very day before his death he composed the following exquisite and comprehensive prayer, worthy a place in the Ritual:

"We beseech thee, O Lord, to behold us with favour. Folk of many families and nations are gathered together in the peace of this roof; weak men and women subsisting under the cover of Thy patience. Be patient still. Suffer us yet a while longer, with our broken purposes of good, with our idle endeavours against evil—suffer us a while longer to endure, and, if it may be, help us to do better.

"Bless to us our extra mercies; and if the day come when these must be taken, have us play the man under affliction. Be with our friends. Be with ourselves. Go with each of us to rest; and if any awake, temper to them the dark hours of watching; and when the day returns to us our sun and comforter, call us with morning faces and morning hearts, eager to labour, eager to be happy, if happiness shall be our portion, and, if the day be marked to sorrow, strong to endure it.

"We thank Thee and praise Thee; and, in the words of Him to whom this day is sacred, close our oblation."

Rudyard Kipling to Revisit India.

Much interest will be felt by the public in the return of Rudyard Kipling to India. He has just agreed to furnish a regular contribution to *The Cosmopolitan Magazine* for the coming year, beginning his work upon his return to India. India has never been critically considered by such a pen as Kipling's, and what he will write for *The Cosmopolitan* will attract the widest attention, both here and in England.

Perhaps the most beautiful series of pictures ever presented of the Rocky Mountains will be found in a collection of fourteen original paintings, executed by Thomas Moran for the May *Cosmopolitan*. To those who have been in the Rockies, this issue of *The Cosmopolitan* will be a souvenir worthy of preservation. This number contains fifty-two original drawings, by Thomas Moran, Oliver Herford, Dan Beard, H. M. Eaton, F. G. Attwood, F. O. Small, F. Lix, J. H. Dolph, and Rosina Emmett Sherwood, besides six reproductions of famous recent works of art, and forty other interesting illustrations—ninety-eight in all. Though *The Cosmopolitan* sells for but fifteen cents, probably no magazine in the world will present for May so great a number of illustrations specially designed for its pages by famous illustrators. The fiction in this number is by F. Hopkinson Smith, Gustav Kobbe, W. Clark Russell, Edgar W. Nye, and T. C. Crawford.

Seeking a Better Earth.

Do not be afraid of missing heaven in seeking earth. Be sure that, down to the last and pettiest detail, all that concerns a better world is the direct concern of Christ.

Where are you to begin? Begin where you are. Make that one corner, room, house, office, as like heaven as you can. Begin with the paper on the walls, make that beautiful; with the air, keep it fresh; with the very drains, make them sweet; with the furniture, see that it is honest. Abolish whatsoever worketh abominations—in food, in drink, in luxury, in books, in art; whatsoever maketh a lie—in conversation, in social intercourse, in correspondence, in domestic life. This done, you have arranged for heaven, but you have not got it.

Heaven lies within, in kindness, in humility, in unselfishness, in faith, in love, in service. To get these in, get Christ in. Teach all in the house about Christ—what He did and what He said, how He lived and how He died, and how He dwells in them and how He makes all one. Teach it not as a doctrine, but as a discovery, as your own discovery. Live your own discovery. Then pass out into the city. Do all to it that you have

done at your home. Beautify it, ventilate it, drain it.

Let nothing enter it that can defile the streets, the newspaper offices, the booksellers' counters; nothing that maketh a lie in its warehouses, its manufactures, its shops, its art galleries, its advertisements. Educate it, amuse it, church it. Christianize capital, dignify labour. Join councils and committees. Provide for the poor, the sick and the widow. So will you serve the city. —Professor Drummond.

To have perfect health you must have pure blood, and the best way to have pure blood is to take Hood's Sarsaparilla.

Ascension and Whitsunday.

The festivals of Ascension day and Whitsunday do not yet hold equal place with Christmas and Easter in the minds and hearts of men. But they will gain it, and when they do, men will hold the Church's doctrine more fully, more roundedly, more completely. Great as is the Christmas and Easter joy, the joy of those festivals now present is greater still. Christmas and Easter celebrate historical events in the process of our Lord's great redemptive work. Ascension day and Whitsunday celebrate the present aspect and condition of that redemptive work. Men may well rejoice at the coming of our Lord to earth, but He Himself has taught that the blessedness of His absence is greater than that of His presence. He rebuked His disciples, because when He told them of His going away, they were sorrowful, not asking whither He was to go, not having the faith to believe that His going away was that He might accomplish yet another blessing for them. Nevertheless it was expedient for them that He should go away, for otherwise the Comforter would not come.

The blessedness of the going away of the Son of Man to Heaven, and of the coming of the Holy Spirit, is the Church's special teaching in these festival weeks—the blessedness of Christ's absence and of the Holy Spirit's presence. The Christian's faith rests not alone upon the Easter triumph over death, but also, and even more, upon the joy of the return of the Son to His Father, upon this ascension of humanity, in the person of Christ, into Heaven, upon the confidence that thither they may also ascend and with him continually dwell, upon the certainty that there He ever maketh intercession for mankind, while on earth the Holy Spirit is ever striving with man and for man, to lead him unto Christ, that Christ may present him unto the Father.

Rogation Days.

The three days before the festival of the Ascension of our Lord are called Rogation Days. Let them be kept in mind, and also in practice, as days of private fasting and prayer.

What is the meaning and what is the object of these days? The word "rogation" means to beseech, to supplicate. The object of setting apart these days at this period of the year is to beseech God of His mercy to "preserve to our use the kindly fruits of the earth." That is, to preserve each kind of fruit needful for the comfort of man and beast, to preserve the sprouting seeds and already growing crops from blight or destruction, to protect us from all wars and famine and pestilence. It is wise and good to show in this way our pious trust in the Giver of all good things.

A very long time ago—that is, about the middle of the fifth century—at a time when his diocese was in great affliction, caused by earthquake, fire, and wild beasts, a good Bishop, Mamertus by name, called his people to special prayer. The three days before Ascension Day were observed with prayer and fasting, litanies were said as the people went in procession. Similar solemnities had been used before his time.

We appeal now, dear reader, to you personally. Put these days to the right use this year with heartfelt humility and faith. This will be very good for your own souls; a blessing to our land, temporally and spiritually; and a real way of gaining preparation of heart and mind for the joy-