

enter not into temptation," is His advice to us all. Every temptation is a call to fight ; but it is also a call to prayer, and the more earnestly we pray, the more effectively will we fight. The very act of stopping to pray will give us a much needed opportunity to collect ourselves. It may not be a long prayer. Often it cannot be. There may be no time for a long prayer. But there will always be time to cast ourselves upon God. It is said of one of the old Puritan captains that on the morning of an important battle he prayed : "O Lord, Thou knowest I shall be very busy to-day. I may forget Thee ; do not Thou forget me."

2. Intemperance in the use of strong drink is not the only form of intemperance. Sometimes we forget that. Any form of excess is intemperance. When we eat too much we are intemperate. It is possible to give so much time to athletics as to become intemperate in regard to them. It is possible for boys and girls to go so often to moving picture shows that they become intemperate. Another kind of intemperance is suggested to us in our psalm to-day,—intemperance of speech. The most of us need to have a watch set upon our mouths. Before we think scornfully of the drunkard, it might not be a bad thing for us to look to ourselves. Do we indulge too much in talk which is only idle and foolish ? Do we indulge in talk which is too often angry and unlovely ? Are we in danger of growing to be like the woman of whom some one said that she had the evenest temper he knew of,—she was always mad ?

3. Some of our worst temptations come to us through wrong companionship. We are tempted to be "occupied in deeds of wickedness with men that work iniquity," as the psalm puts it. The temptation to drink strong drink more often than not comes through wrong companions. Many a young man would never think of tasting liquor were it not for his desire to be thought a "good fellow" amongst companions of a very questionable sort. The writer knew one

young man once whose temptation to intemperance was apparently altogether bound up with wrong companionship. When he was with decent people, he behaved decently. But when he was with men who drank, he drank too. His case is just typical of many others. One way of not being led into temptation is to shun the people who drag us down.

4. We have learned a great deal when we have learned how to profit by the reproof of good men. The psalmist understood that the reproof of a good man is in reality a kindness. And yet how often such a reproof is resented. A young man was once talking of his ambitions, of how he desired to own a large estate with plenty of fine horses, of how he desired to give himself to all sorts of pleasure. "And then ?" asked a friend who was listening. "Why, then I should grow old." "And then ?" "Then I suppose I should have to die and leave it all." "And then ?" persisted his friend. "Oh, have done with your 'and thens,'" replied the young man, and went off in a huff. But later on he began to think, and he could not get away from his friend's implied rebuke, with the result that he recognized how low his ambitions had been, and changed his outlook upon life.

5. It is a terrible fact of life that there are actually men who are ready to lay snares for the souls of others. It was recently stated that four out of every one hundred persons in the United States are victims of the drug habit, and those who provide these victims with their drugs are really laying snares for souls. In a recent Health Bulletin published by the Department of Public Health in Toronto the assertion is made that many of the patent medicines offered for sale contain alcohol to develop the liquor habit. Those who place such medicines upon the market are really laying snares for souls. No matter how respectable and honest the saloon keeper may claim to be, he cannot get away from the charge that he is really laying snares for souls. He is an enemy of society.

DRINK AND THE WAR

Early in the war, the Russian government, convinced of the evils resulting from the use

of vodka, a fiery distilled liquor like our whisky, abolished its sale and use. Similar