

commerce, transportation, and the myriad appliances of electricity. It is intensely interesting to study the forces at work transforming the world and making for each succeeding generation a practically new world. The boy of to-day is entering a very different world from that which his father knew when he was a boy. Do not think because you are physically disabled, that you are thereby disqualified to enter into hearty sympathy with the great movements and achievements of your own time.

Consider the needs of your own locality and think out some practical suggestions for the Young People's Society, the Sunday-school, or the local Church. Arrange a bouquet of flowers for some shut-in like yourself; or, better still, write a newsy, racy, up-to-date letter, keeping well in the background the thought that you are writing to a sick person. Every thoughtful invalid will appreciate a letter which takes for granted that the one to whom it is