

control, abstinence from strong drink and tobacco are indispensable. Economy—personal and official, is of great consequence. Patience in waiting and determination to adhere to your plans and to follow your purposes are invaluable. No rules will however teach you how to attain all these. What I think best for you is that you open out your whole nature to the sunshine and air of God's grace and providence, and grow. Grow naturally,—trustful, hopeful, cheerful, kindly, thoughtful, active, playful even, if you like; but in all, true-hearted servants of God. When thus healthy in soul you will be strong to resist such diseases as gloom, envy and selfishness; strong to work for God and man in whatever way your service is required. Remember that faith in God is the only sure ground of hope either for ourselves or for the world. God helping us we can do something; but we cannot evangelize the smallest island without Him. Do not attempt to carry infinite burdens and to accomplish impossible tasks. Do your own work as well and as cheerfully as you can. Hasten not to gather unripe fruit. Believe in God and be patient, for "He that believeth shall not make haste."

