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GAILY I clomb the path of life
When sunligh made it clear;
But slowly trailed my lagging feet
When darkness made it drear.
And trembling Fancy said to Faith,
As one gray form drew nigh:
"It is the enemy of souls!"
My Lord said: "It is I."

Bravely I toiled the livelong hours
When buoyant health was mine;
But idly fell my nerveless arms
When sickness made me pine.
And troubled Conscience said to Faith:
"O! whither shall I fly?
This is the punishment of sin!"
My Lord said: "It is I."

Merrily life went speeding past
With all my dear ones round;
But sorrow shrouded life in black
When loved ones were not found.
My sullen heart cried out to Faith
The stricken, tearless cry:
"Tis Fate that tramples over all!"
My Lord said: "It is I."

Gaily I clomb the path of life
When youth was by my side;
But slowly trailed my lagging feet,
With Age to be my guide;
And trembling Fancy said to Faith,
As the dark form drew nigh:
"Tis Death, my terror and my foe!"
My Lord said: "It is I."

—R. S. G. Anderson.

A SUCCESSFUL YEAR—Such was the report to the General Assembly of the Committee on Sabbath School Publications, a sub-

stantial balance on the right side, the Lesson Helps increasing in favor, and the new illustrated papers, JEWELS and THE KING'S OWN, already with a large circulation. The year now current promises even better things.

CASH PRIZES of TEN DOLLARS and FIVE DOLLARS for the two best Stories for THE KING'S OWN, such as will increase the love of boys and girls for God, nature, home, country. Stories not to exceed 1,000 words in length; manuscript to be signed by motto, which is also to be endorsed on outside of sealed envelope containing name and address of writer. Manuscripts to be addressed to Rev. R. Douglas Fraser, Editor of THE KING'S OWN, Confederation Building, Toronto, and must be on hand on or before September 1st. The awards to be announced in the THE KING'S OWN of November 3rd. The Editor reserves the right to use any manuscript sent in the competition.

Our Vacation Sabbaths

Will they be Holy Days or Holidays?

By Rev. J. G. Shearer

Field Secretary, Lord's Day Alliance

The summer holidays have returned with all their delights, but also with their problems and temptations. Work days bring less perplexing problems and less alluring temptations than play days—especially to the young. Is it not sadly true that many Christian young people lose more religiously in vacation time than they gain all the rest of the year? And why? Because of the way they spend their Sabbaths.