

THE GOOD OLD WAY

trusted as well as loved. Read the history of such families, and you will understand the truth of the poet's words,—

Self-reverence, self-knowledge, self-control,—

These three alone lead life to sovereign power.

Look around you in the world and see what way it is that has brought your fellow-men to peace and quietness of heart, to security and honour of life. Is it the way of unbridled self-indulgence, of unscrupulous greed, of aimless indolence? or is it the way of self-denial, of cheerful industry, of fair dealing, of faithful service? If true honour lies in the respect and grateful love of one's fellow-men, if true success lies in a contented heart and a peaceful conscience, then the men who have reached the highest goal of life are those who have followed most closely the way to which Jesus Christ points us and in which He goes before us.

III. *Walk therein, and ye shall find rest for your souls.* Right action brings rest.

Rest! Rest! How that word rings like a sweet bell through the turmoil of our