

or, What shall a man give in exchange for his soul?

The call to repentance and amendment of life in preparation for enjoyment of heaven was expressed in language so clear that none need misunderstand. "Cease to do evil and learn to do well." For what doth the Lord require of thee, O man, but to do justly, to love mercy and to walk humbly with thy God." If we obtain not a foretaste of heaven in this life, we have no promise to enjoy heaven in the life to come. Therefore, "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light," for "*Now* is the accepted time and *now* is the day of Salvation."

Supplication being voiced on behalf of all conditions present, pleading for the bestowment of purity of heart, courage, strength and perseverance in Christian growth, when returned to the various homes in a spirit of thankfulness to the All-Father for the abundant provision handed forth, the meeting closed, and expressions of satisfaction were heard from numerous lips, which willingly "drank of the brook by the way."

AMELIA R. PAGE.

FROM THE FAR WEST.

First mo 10th, 1896.—The thermometer stood ten degrees below zero this morning—that is about as cold as it ever gets here. It hardly seems possible that it is cold winter weather with you. We find a very even climate here—no sudden harsh storms, but the frequent gentle showers make the air a little chilly, so we keep a fire the most of the time when we are in our rooms. We use coal, as it is the most convenient. The wood is so full of pitch that it is burned green and it makes a good fire.

From our window in clear weather we can see Mt. Ramier, seventy miles to the south-east, and away in the distant south-west are the Cascades. Indeed, it almost seems as though we were in another world. We scarcely

ever see carriages, as people travel mostly by boat and street car. The streets are all either up hill or down: and *up* mean *up* here, the ascents are so very steep. There are long cleats nailed to the sidewalks so that people may keep their footing more easily. At this time of the year the roads are very bad. However, they used a great deal of gravel, which improves them some. Some of the main streets are paved with a very hard brick, which is laid in sand and mortar, the crevices between are filled with the same material, sand and gravel are spread on top of the whole, and heavy rollers are passed over it several times. It makes quite a durable pavement. Other streets are planked clear across. In front of some of the large business houses we find stone pavements.

We have an abundance of fresh fish, mostly salmon and halibut. Our vegetables are always crisp as they are allowed to remain in the ground all winter, and are dug as they are needed for immediate table use.

Times are very dull. Many have invested and lost good fortunes here, and are now depending on work by the day for a livelihood.

First mo 12th.—We attended meeting at the Unitarian Church. Went in, took our seats, and after the . . . departed without speaking to a single individual. Not much like Friends' Meeting at Lobo. The speaker took his text from Matt. 22 : 42, dwelling largely on the thought in the word "Watch," giving prominence to the fact that the living Christ Spirit has more to do with our salvation to-day than the death on the cross eighteen hundred years ago.

We find a live organization of the W. C. T. U. at this place, whose meetings we often attend.

The YOUNG FRIENDS' REVIEW is a welcome visitor. It seems like a message from home.

First mo. 14th.—We went out to Lake Washington, a distance of three miles. The lake is twenty-seven