

from being nursed by anybody who does it as an act of self-denial!

"O sister! But what can be higher than self-sacrifice?"

"Nothing, perhaps," I used to reply; "but it must be infinitely pleasanter for patients to feel that whoever is nursing them is feeling a cheerful satisfaction in doing them good, than that it is meritorious to perform an unpleasant duty."

There are volumes of wisdom in these plain, practical words. Self-sacrifice is never the real thing until self is forgotten, clean and clear, in loving thought for others. So long as thought of self enters into it, it is a mixed motive, not a single-minded one. When we are noticing our own self-denial, it is not self-denial, but self-approval.

When we do a service—no matter how hard—for another, with the thought of our own sacrifice uppermost instead of the thought of the soul we are doing it for, we are not really unselfish, though we may believe we are. Self-forgetting sympathy for others, self-effacing eagerness to help others—these are the signs of that true self-sacrifice that follows in the footsteps of Christ.—*Family.*

"WE KNOW."

In this day when there are so many questions asked, so many opinions expressed, and when even the "elect" are in danger from some "ism" or false doctrine, it is well to note the positiveness with which John wrote concerning experience.

We know that we know him. I Jno. 2: 3.

We know that when he shall appear we shall be like him. I Jno. 3: 2.

We know that we have passed from death unto life because we love the brethren. I Jno. 3: 14.

We know that we are of the truth. I Jno. 3: 19.

We know that he abideth in us by the Spirit which he hath given us. I Jno. 3: 24.

We know the spirit of truth and the spirit of error. I Jno. 4: 6.

We know that we dwell in him, and he in us, because he hath given us of his Spirit. I Jno. 4: 13.

We know that we love the children of God. I Jno. 5: 2.

We know that he hears us, whatsoever we ask.

We know that we have the petition that we desired of him. I Jno. 5: 15.

We know that whosoever is born of God sinneth not. I Jno. 5: 18.

We know that we are of God. I Jno. 5: 19.

We know that the Son of God has come. I Jno. 5: 20.

We know him that is true. I Jno. 5: 20.

ALONE WITH GOD.

We are far too little alone with God; and this, I am persuaded, is one of the very saddest features in our modern Christian living. It is work, work, work—at the very best, some well-meant, Martha-like serving; but where, where are the more devoted Marys, who find the shortest, surest way to the heart of Jesus by ceasing from very much self-willed, self-appointed toils, and sitting humbly at his feet to let him carry on his blessed work within ourselves? If the Mary-like method were carried out more,

it might abridge considerably the amount of work apparently accomplished, but it would incomparably enhance the quality. What though we should lose a hundred weight and get instead of it only a pound, if the hundred weight lost were only lead and the pound gotten were pure gold?

God is not looking for great men; he can use small men. Out of the mouth of babes and sucklings he ordains strength. He is not looking for many men; he can get along with a few. He once said that there were too many, but he never said that there were too few. But he does want men; he has taken man into partnership in his work, and does not seem disposed to work without him. When judgment is to be averted from Jerusalem, he tells the prophet: "Run ye to and fro through the streets of Jerusalem, and see now, and know, and seek in the broad places thereof, if ye can find a man, if there be any that executeth judgment, that seeketh the truth; and I will pardon it."—*Methodist Times.*

GOOD HEALTH.

How it can be obtained and how it can be preserved.

The health of the whole body depends upon the blood and nerves. The blood must be rich and pure, and the nerves vigorous and strong. Therefore a medicine that makes new blood and strengthens the nerves reaches the root of many serious diseases. Dr. Williams' Pink Pills will do this, and this is the secret of their wonderful power to conquer disease. Thousands of cases—many of them in your own neighborhood—have proved that Dr. Williams' Pink Pills will cure rheumatism, sciatica, partial paralysis, St. Vitus' dance, nervous and bilious headache, heart trouble, indigestion, neuralgia and the ailments that render the lives of so many women a source of misery. Mr. Jas. Adames, Brandon, Man., says: "Before I began the use of Dr. Williams' Pink Pills my health was much shattered with rheumatism, nervous depression and sleeplessness. For fully a year I rarely got a good night's sleep. I gave the pills a thorough trial and can now truthfully say I could not wish for better health."

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"LO, I AM WITH YOU ALWAYS."

A busy woman entered her room hastily as twilight shades were falling—went directly to her desk, turned on the gas, and began to write. Page after page she wrote. The solitude became oppressive. She wheeled her chair around, and with a shock of joyful surprise looked squarely into the face of her dearest friend lying on the lounge at her side. "Why, I didn't know you were here!" she cried. "Why didn't you speak to me?" "Because you were so busy. You didn't speak to me." So with

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Jesus—here all the time. The room is full of Him, always ready to greet us with a smile—but we are so busy. But when the solitude grows oppressive we suddenly turn, and lo, He is at our side. We speak to Him and He speaks to us, and the soul's deepest yearnings are satisfied.—*Exchange.*

HIS GREATEST TEMPTATION.

Perhaps the greatest temptation that befalls a Christian young man in the day in which we are living, is the temptation to yield in questionable things rather than be called narrow or puritanical. He is off to a social gathering; he has attended some fair young woman, is her escort—with the possibility of being much more. Not for the world does he wish to embarrass her by some notions of his own which usually lead him to declare against doubtful practices in modern society. She enjoys these things, but he cannot make them agree with his principles of righteousness, of loyalty to Jesus Christ. Again and again he yields for her sake; he wounds his conscience, for her sake. He is disloyal to his Master in order to be obliging to his sweetheart. He is slowly undermining his own character, and the time is likely to come when she would give anything in the world to tie him up to some of the old-fashioned things from which she helped to take him. It may be too late then. Here is a strong sentence that may cause some pain, but it is one of the truest we have read on this matter: "Friendship that calls for disloyalty to God needs destruction or reconstruction."—*Baptist Union.*

SOME THINGS GOD CANNOT DO.

1. He cannot lie.
2. He cannot deny Himself.
3. He cannot take an unholy being into heaven.
4. He cannot make an unholy being holy against the will of the person.