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happiness, but wretchedness and uneasiness instead. On the other hand one who gives himself to others, bears their burdens, reaps a reward in [the] form of happiness that is beyond the comprehension of the selfish. We have a most beautiful example of the results of this unselfish living in the life of the late Mrs. Walter Baker. Her whole life was one of unselfish sowing among the poor people of her own city, among colleges in the West, among the Japanese in Japan, the Hindoos in India, among our own people in the South. Her heart took in the world, and as a result she was continually reaping the results of her benevolence and broad interest, and it is doubtful if during the closing years of her life she ever spent a day that was not filled with the most intense happiness.

What is true of morality is true of religion. Draw nigh unto Me and I will draw nigh unto you, says Christ. This is the law and it runs all through religion. When we find ourselves drifting away from Christ, growing cold, indifferent, luke-warm, it is the effect of not living up to the standard laid down by Christ — it is the effect of neglecting our private devotions and the reading of our Bible.

Let me leave this thought, if we would live happily — live honored and useful lives — lives modeled after that of our perfect leader — Christ, we must conform to law — learn that there is no possible escape from the punishment that follows the breaking of law. Growth in this direction cannot be completed in a day, but let us make one supreme effort to begin growing in the direction of conformity to God's laws. We must not become discouraged if we do not see ourselves growing. As Prof. Drummond says, "All great things grow noiselessly. All thorough work is slow. All true development is by minute, slight and insensible degrees. The higher the being the slower is the process of growth."¹ Biologists tell us that the smallest form of animal life reaches maturity in an hour; the next higher in a day and those still higher require weeks and months, but man at the top requires years for his development. What we want to be sure of is that there is constant growth each day we live — growth out of self into the lives of others; growth out of our lower nature into a higher; growth out of our animal nature into the rational; growth out of sloth and indifference into industry and application; growth out of sensuality into purity; growth out of a luke-warm life into the true warmth of