

these. We can overfeed the body. An Alexander can die of surfeit. We can overtax the mind — much learning can make men mad. We can lay burdens on men's spirits they are unable to bear; or, again, we can wrongly feed or underfeed the body; we can let the mind atrophy, or choke it with rubbish; we can let the spirit starve for want of its "daily bread."

The health of the body involves avoiding doubtful indulgences, and a man is not to be condemned if he avoids alcohol, coffee, tobacco, or even meat under certain circumstances. It is surely a sign of wisdom to exercise the will in selecting food for the mind. Endless trashy literature, unnecessary conventional correspondence, special and extra-special editions of useless information are not conducive to mental salubrity. Too many conventions, multiplication of "services," just as much as narrow puritanism or dry-as-dust ecclesiasticism, are a danger to the soul. Mr. Moody said, with his sound common sense, "Once to take in Sundays is enough for the Christian man. He would be a stronger man if he used the rest of his time giving out."

Again, the wisdom of Christ stands out before the ages. He kept the Sabbath, the feasts; he observed the Jewish ordinances. But he did not condemn the Samaritans or his disciples for eating corn on the Sabbath, and he left no hard and fast rules for observing the first day of the week. Yet our abstinence in little things may be more far-reaching as a help in retaining faith than we might suppose, and a man is not necessarily a hypocrite because he won't even appear to work on a Sunday himself, won't play cards