

MONTREAL SUNDAY SCHOOLS.

	SCHOLARS.		Total of Boys' Girls each School	Grand Total
	Boys	Girls		
Methodist—Central School,	123	110	233	
“ “ Quebec Suburbs,	0	0	142	
“ “ Curran St. Mary,	0	0	30	
“ “ St. Lawrence Suburbs,	33	42	80	
“ “ Griffin Town,	30	25	74	519
Protestant Episcopal,	133	91	229	
Presbyterian—American—No. 1,	86	107	183	229
“ “ “ “ No. 2,	0	0	31	
“ “ “ “ No. 3,	0	0	21	
“ “ “ “ No. 4,	0	0	72	321
“ “ Scotch—St. Gabriel Street,	63	59	127	
“ “ “ “ St. Peter Street,	46	40	86	213
“ “ “ “ St. John's Street,	0	0	0	
“ “ “ “ St. John's Street,	0	0	101	
Baptist—St. Helens Street,	51	69	120	101
Independent—St. Maurice Street,	46	80	120	120
Free Congregational—St. Maurice Street,	137	70	200	230
Whole number,				1703

The principle of the present system of Sabbath School teaching is to impart religious knowledge only, and that in the most engaging and affectionate manner; and the necessity, the high importance of every Christian who has the peace and happiness of his fellow-creatures at heart, giving the cause his earnest support, must be evident. In many countries at the present time, particularly in Scotland and the United States, many eminent public characters and other highly respected individuals, not only feel it their duty to aid and encourage this Christian work by visiting the schools, but are frequently to be seen as teachers of a class; and certainly, when we reflect upon this simple means of doing good, open to us all; and the important result that is confidently to be expected, we may well exclaim, with a late writer, that "in the present day, opportunities of doing good are so brought home to every individual, that if any one is contenting himself with

* Number could not be obtained.

the determination of going to Heaven by himself, and let others alone, he probably needs no other evidence to prove that he is not a Christian at all."

EARLY RISING.

The present beautiful season of the year, when the mornings are long, and peculiarly pleasant, is the time when this subject may be advantageously considered in a practical way.

Early rising is a habit so easily acquired, so necessary to the dispatch of every business, so advantageous to health, and so important to devotion, that except in cases of necessity, it cannot be dispensed with by any prudent and diligent man.

Thanks to the goodness of God, and the fostering hands of our kind parents, this habit is so formed in some of us, that we should think it a cruel punishment to be confined to our beds after the usual early hour. Let us prize and preserve this profitable practice; and let us habituate all our children and servants to consider lying in bed after daylight as one of the ills of the aged and the sick, and not as an enjoyment to people in a state of perfect health.

If any of us have been so unfortunate as to have acquired the idle habit of lying late in bed, let us get rid of it. Nothing is easier. A habit is nothing but a repetition of single acts; and bad habits are to be broke as they were formed, that is, by degrees. Let a person accustomed to sleep till eight in the morning, rise the first week in April at a quarter before eight, the second week at half after seven, the third at a quarter after seven, and the fourth at seven; let him continue this method till the end of July, subtracting one quarter of an hour each week from sleep; and he will accomplish the work that at first sight appears so difficult. It is not a stride, it is a succession of short steps, that convey us from the foot to the top of a mountain. Early rising is a great gain of time; and should the learner just now supposed, rise all the harvest month at four instead of eight, he would make that month equal five weeks of his former indolent life.