

should be your rule. Let not the weariness consequent upon the week of toil cause absence from the house of God on the holy day. Rest you need ; rest in the highest sense will be given you as you " wait upon the Lord." Whatever will best calm the fitful fever of the world, will best bring vigour to both body and mind. True Sabbath rest is found in Sabbath worship.

Among the social services, we would seek to give special prominence to the Class-Meeting. It is not yet effete, and we trust it never will be. The venerable Wesley was accustomed to say that " He could never sufficiently praise God for the formation of the Class as a provision for mutual edification and encouragement in his Societies." He looked upon it as a thought from God—a divine inspiration. The experience of many years made the value of this provision more and more apparent to him.

There is no means in the Christian Church that so fully accords with the Apostolic ideal of fellowship—no means that promotes more directly the work of self-examination, and therefore has a stronger influence on the growth and maturity of our spiritual life.

We entreat you, prize the Class-Meeting. Honour it, and it will honour you. Especially would we urge upon young disciples devotion to this duty. This is the service that you need to make you strong. Live in the enjoyment of such communion, and your growth will be assured.

Dear Brethren, take into your homes thorough Christian principles. Shield your family circles with the panoply of prayer. Live to bless. Let your influence in the home be a constant welcome to the cross. Guard carefully as to the company which your children keep, the amusements in which they indulge, and the literature which they read. Let no book lie upon the table, or rest upon the shelf, that is not pure and healthful and instructive. Sensationalism will