

from them because they are so situated that they cannot do all in this way, or perhaps anything approaching to all that they could wish, and therefore abandoning the endeavor to do anything. And here I would suggest, as far from unimportant, the cultivation of a habit to which the Clergy of the Anglican communion generally, are possibly open to the remark of having paid less attention than it deserves. I mean the habit of *early rising*. A, justly celebrated dissenting writer, whose learned labours are highly appreciated within the Church itself and who combined with these an immense amount of other labour in the conduct of education and in the pastoral charge, has left upon record rather a remarkable testimony respecting this habit of early rising, as most sensibly adding to the means of our profitableness in the stewardship which we have received of the Lord : Referring to a writer who explains the word *chambering* in Rom. XIII, 13, to mean *lying long in bed*, he says : " I will not defend that sense of the word, but I will here record the observation which I have found of great use to myself and to which I may say that the production of this work " (*his Family Expositor*), and " most of my other writings, is owing, viz: that the difference between rising at five and seven o'clock in " the morning," (which last it would seem that he considered as quite a late hour) " for the space of forty " years, supposing a man to go to bed at the same " hour at night, is nearly equivalent to the addition " of ten years to a man's life, of which (supposing the " two hours in question to be so spent) eight hours