

fits of solitude in the midst of a crowd ; and their right improvement will spread a sanctifying influence over all the other portions of the day. Forced as you may be into proximity with men of various characters, shun all familiar intercourse with the thoughtless and ungodly. Steadily resist from the first every solicitation they address to you to engage in any relaxation or pastime that may lead to excess. Set a watch before your mouths ; keep the door of your lips. Be swift to hear ; slow to speak ; slow to wrath. Hold communion with those whose fellowship is with God. Be ready for every good word ; but be not obtrusive in your services. Walk in wisdom towards them that are without. Give no offence to any, and be at peace one with another.

Upon reaching your destination, the cares of life will again return. A new world, and a new course of duties and anxieties, will be in danger of engrossing all your regards. And this makes it the more necessary that the opportunities of your long voyage should be well improved, so that you should enter upon the new scene in a right spirit ; that while ready, diligently to engage in whatever sphere of active duty Providence may open up to you, the kingdom of God and his righteousness may still be your first object ; and that, in the event of your schemes being frustrated, and your hopes deferred, you may cast all your care upon Him who careth for you.

Let your inquiries be immediately directed to your opportunities of attending upon the public ordinances of religion. Where there is a Minister of the Gospel within your reach, be regular in your attendance upon his ministrations. If of your own communion, place yourselves in connection with him, and esteem him very highly in love for his work's sake. If otherwise, still if he holds the pillar and ground of the truth, do not let a difference of outward forms be made a pretext for neglecting the instituted means of grace,—but observe them, though in an unwonted form, knowing that the same Spirit worketh in all,—in the hope that the Lord, in his own time, will send you a teacher after your own heart.

If removed from all possibility of joining in the public services of the sanctuary, still remember the Sabbath-day to keep it holy. There will be many temptations to encroach upon its sanctity, and to make it undistinguished from other days of the week. But bear in mind the Holy Law of God ; bear in mind the example of the land you have left behind you ; and though no Sabbath bell reach you in your solitude, and no village spire be seen