

24, and as Paul expresses it in another place, "I keep under my body and bring it into subjection," 1. Cor. x. 27.

As applied to eating and drinking, temperance implies "Total abstinence from all things injurious to the health of the body or the mind; and the moderate use of such kinds of food and drink as are nourishing and wholesome." To indulge the appetite at the expense of health or devotion is intemperance; is irreligious; is a violation of the law of God.

We recommend that high scriptural ground be taken in the cause of Temperance. We think that it would be easy to show that this has not yet been generally done, and that here lies one signal reason for the slow progress which has been made in ridding the country of alcoholic drinks. To a lamentable extent we have been 'carnal and have walked as men.' Human motives, worldly weapons, even measures of doubtful propriety, as well as argument, moral suasion, and legal coercion, have been resorted to and relied on; and there has not been enough of prayer, of faith, and of dependance upon God.

Christians must awake in this as in every part of their work, to the "spiritual weapons, MIGHTY THROUGH GOD," which are prepared for their warfare. Let them awaken the power that awaits their call.

In contending against drunkenness, and the habitual use of intoxicating liquors, *and other kindred indulgences*, the word of the Lord in Ephes. vi. 12, is applicable, "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." "Therefore" we should take unto us "the whole armor of God," that we may be able to "stand against the wiles of the Devil."

Christians should pray more about temperance; they should *fast* as well as pray, [see Mark, ix. 29,] and practising the virtue in this way, as well as in all others, follow the example of Christ, of the prophets, of the apostles, and of holy men of all ages. They should "abstain from all appearance of evil"—they should practice the most rigid self-denial—conscience, the Word of God, the Holy Spirit—should control us, not appetite, not passion, not worldly motives, not "fleshy lusts, which war against the soul."