

is an animal, and as an animal he desires bodily pleasure and shrinks from bodily pain. As a being capable of morality, he is conscious that for him there exists a right and wrong. Something, whatever that something may be, binds him to choose one and avoid the other. This is his religion, his religio, his obligation, in the sense in which the Romans, from whom we take it, used the word; and obligation implies some superior power to which man owes obedience. The conflict between his two dispositions agitates his heart and perplexes his intellect. To do what the superior power requires of him, he must thwart his inclinations. He dreads punishment, if he neglects to do it. He invents methods by which he can indulge his appetites, and finds a substitute by which he can propitiate his invisible ruler or rulers. He offers sacrifices; he institutes ceremonies and observances. This is the religion of the body, the religion of fear. It is what we call superstition. In his nobler moods he feels that this is but to evade the difficulty. He perceives that the sacrifice required is the sacrifice of himself. It is not the penalty for sin which he must fear, but the sin itself. He must conquer his own lower nature. He must detach his heart from his pleasures, and he must love good for its own sake, and because it is his only real good; and this is spiritual religion or piety. Between these two forms of worship of the unseen, the human race has swayed to and fro from the first moment in which they learnt to discern between good and evil. Superstition attracts, because it is indulgent to immorality by providing means by which God can be pacified. But it carries its antidote along with it, for it keeps alive the sense of God's existence; and when it has produced its natural effects, when the believer rests in his observances and lives practically as if