

home? Is it, that while out of the world, we have been so prodigal of good temper, that we have but our ill humours with which to cloud our fire-sides? Is it, that it requires often but a mere passing guest to enter, while we are speaking daggers to beings who are nearest to us in life, to change our tone, to give us perfect self-command, that we cannot do for love, what we do for appearance.—*Giles' Discourses on Life.*

KEEP THE SABBATH HOLY.

In order to do this, ordinary business and pleasures must be laid aside, and duty of a strictly religious nature performed. But this is not all. When we are taught to "call the Sabbath a delight," it is important for us to possess such a frame of mind as to exhibit a holy joy whilst we are engaged in solemn exercise. If we would make the impression that the righteous is more excellent than his neighbour, that

"Religion never was designed,
To make our pleasures less,"

we must be so heavenly-minded, so filled with love to God and Divine things, so under the influence of gratitude and joy, as to convince intelligent observers that we experience a pleasure which the world can neither give nor take away.

Much harm may result, both to ourselves and others, by neglecting to remember the Sabbath day, or by omitting that preparation for its important exercise, by which we may be "in the Spirit on the Lord's day."

If pious parents and heads of families produce the impression, by their appearance and manner, upon children and others, that holy time hangs heavy on their hands, how unhappy the result. If then, we wish all our families, and all within the reach of our influence, to love the Sabbath, to remember to keep it holy; and if we desire holy time to be, in the highest sense, a blessing to ourselves, let us mingle the exercise of the Sabbath with grateful songs of praise, or some other manifestations of holy cheerfulness and delight, as to give to all about us evidence of the language of our hearts: "This is the day which the Lord has made; we will rejoice and be glad."

"In holy duties let the day,
In holy pleasures pass away;
How sweet a Sabbath thus to spend,
In hope of one that ne'er shall end."

NEGLECT NOT THE BIBLE.

It is surprising to notice how this sacred book is neglected by sinful men. The votaries of taste and fashion will spend their days and nights poring over the morbid pages of sensual and fictitious narrative; yet if their God were to ask them if they had read the book which he