

the observance of the sacrament of the Supper. This is not wise, nor is it dutiful. As the body requires daily supplies of nutriment so does the soul; and as our natural existence would be impaired and enfeebled by denying this to the body, so is it with the spirit. How do we make progress towards heaven? Not by adding to our years, and step by step approaching the grave. Alas, many are thus, day by day, drawing near to the house appointed for all living, who are at the same time approaching a far different termination of their journey. It is by growing in grace, it is by advancing in spiritual attainment, that we can measure our progress heavenward. Therefore, brethren, "pray without ceasing."

Meditation makes us more immediately conversant with Divine truth. The concerns of the present life press so urgently upon our attention, that we find it difficult to give them no more than their due share of it, and to maintain our character as citizens of the better country. Meditation thus greatly assists us in our warfare with the world, and enables us to live as strangers and pilgrims amidst all the importunate bustle of its affairs. It keeps eternity before us with its awful realities. It brightens hope and strengthens faith, and enables us to endure as seeing Him who is invisible. When the pilgrims were about to bid farewell to the Shepherds of the Delectable Mountains, their kind entertainers furnished them with a "perspective glass" to give them

a view of the celestial city. Meditation, as the handmaid of faith, supplies this glass; and as the telescope of the astronomer makes us aware of numberless worlds, too remote to be seen by the unassisted eye, so meditation makes us ever aware of the realities of an eternal state which are altogether invisible to the eye destitute of spiritual vision. We are thus enabled to dwell apart from the men among spiritual existences, the assembly of worshippers before the throne of God and the Lamb.

Nay more, the truth of God is the food of the soul, the nutriment of the new creature, and meditation is the process of digestion. It is not, however, like the natural function, involuntary. We must study to carry it on; and without this process, the truth we read or hear will profit us but little. As you would wish then to be strong, healthy, vigorous Christians, give yourselves to meditation. As a mental exercise, it is attended with some difficulty, and our natural proneness to indolence induces many to neglect it; but this neglect is to the damage of their own souls, and to the marring of their Christian efforts. If you would be devoted to the truth, you must become conversant with it by frequent meditation.

By every means, then, Christian brethren, cultivate this devotion of heart. Without it, ye cannot perform your part as Christians either comfortably or successfully. With it, ye shall be both blessed and made a blessing. FRATER.

Notices.

We have received a deeply interesting letter from the Rev. J. Inglis, Mr Geddie's associate. It is addressed to the Synod Clerk and forwarded by him for publication. It contains ample confirmation of the good tidings already published, and a powerful appeal to our young men preparing for the ministry, with a view to their adoption of Ancients as a scene of missionary labor. It is proper to observe, that the Synod ordered the advertisement for candidates to supply the vacancy in the Foreign Mission to be continued, and there is good reason to suppose that the Mr Gordon's proffered services be accepted, another candidate would, if found suitable, be readily received.

An account of a recent mission to Mabou, and Port Hood has come to hand but must rest in our drawer for another month.

The memoir of the Rev. Andrew Kerr has

been deferred, but will appear in our next No.

The Synod Accounts which appeared last month, were, neither in point of arrangement nor general accuracy, creditable to our pages. Anxiety to present them entire, in our first number after Synod, the absence of the Treasurer from home, limited space and the want of experience, must be our apology to our financial readers; and more especially, to the auditors of those accounts, who have so faithfully performed their important duty. A separate sheet of ample dimensions ought to have been prepared under the eye of the auditors, and issued along with the usual amount of reading matter in our columns.

The donation of \$4, from "One who wishes prosperity to Zion," has been received and allocated agreeably to the desire of the donor.