

against all that tends in this direction. This is one great evil in Sunday excursions and pleasure-makings. The riding of bicycles for pleasure on Sunday removes the young people from the restraints of home and places them in companionship which may not be distinctly evil at the outset, but which, by its frivolity, its removal from observation and restraint, and its peculiar conditions, tends very decidedly to moral evil. Its bitter fruits have already appeared in not a few households. It is lamentable that the noble, health-giving facilities of the bicycle should be abused to the injury of all that is precious and sacred in the family relationship.

Sunday visiting, as too often practised, breaks into the Sunday home life and tends to destroy the sacredness and the restfulness of the day. It is an act of thoughtful kindness to invite to our tables young men and others who have no home of their own in the city. Such hospitality, under judicious limitations, and restrained from interference with home duties and religious privileges, is a truly Christian act. But promiscuous Sunday visiting, with its gossip, frivolity, and worldliness, is altogether out of keeping with the claims and character of the sacred day.

Then there is the fellowship of *the Church*. Here we ought to find not merely intellectual recreation, but genuine spiritual refreshment, when the greatest themes that can occupy man's thought are worthily treated by the preacher, and when the greatest of all books is reverently read and effectively expounded. Here the conscience is moved and trained, the emotions are kindled, and the spiritual nature of the man stimulated and invigorated. He is lifted up out of the drudgery, the weary monotony, the corroding