

of power, will assume the responsibility of having our present wretched system of license handed down to posterity to curse the millions that come after us, and keep this nation and world, redeemed by the blood of Christ, in subjection to all the desolations of intemperance?

"It is, we believe, our duty to demand, and theirs to give relief." The blessed Saviour has taught us that even the unjust judge will grant the prayer of the importunate widow, because of her importunity. We trust our Legislature will be actuated by a better spirit; but if not, we will not cease to cry in their ears, Help! Help! O King! until the very names of the street shall demand our deliverance.

"Friends of Virtue, Friends of Freedom,  
Lovers of your brother man,  
Are you working, are you faithful  
Striving for the battles van?  
Are you vigilant, are you watchful?  
Soon the battle will be fought,  
Are you gathering by your standard?  
Are you doing all you ought?"

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### Self-Improvement.

In Three Lessons.

#### LESSON III.

"The reward is in the race we run."

In addition to the means of self-improvement brought under notice in our last number, a few other points require attention; after which we may consider the advantages that attend upon persevering exertions. The mind is not to be cultivated at the expense of the body, that is, we are not to injure our health for the sake of reading and study, we must endeavor to be bodily as well as mentally active. Therefore what we now say is, take walking exercise, get out into the open air; if you have any inclination at all for books, you will relish them the better after having given your limbs something to do. As the poet says:—

"Come forth into the light of things,  
Let nature be your teacher."

There is much to be learned that you cannot find in books. If there are public exercise grounds near where you live, go to them every day, if possible, with your children, or make your way to the hills and fields. If you feel dull or discontented at home, a walk will in most cases completely cure you, and inspire you with cheerful thoughts. Besides, if you really cannot like books, some other improving occupation must be found, and a habit of walking even may lead to something still more improving. Perseverance in one thing, as before observed, promotes perseverance in everything. It is also good and necessary to be clean; and by going to the river to bathe, you may learn the very useful art of swimming. Cleanliness of body promotes purity of mind. You will soon find many rational and enlivening modes of occupation if you watch for them, and however trifling these may appear, they deserve attention.

One most important advantage connected with getting knowledge is, that it gives you freedom. The most ignorant are most the slaves of error and prejudice; they are much exposed to be led astray by their passions or by evil associates. Sound principles, on the contrary, enable a man to walk in the independence of good conduct. This is freedom worth striving for, and it will last as long as your perseverance. Is it not a pleasure to reflect on this privilege; to feel that life has a meaning and a purpose?

Although we have said a good deal about forming habits, yet it must be understood that habits are not character. A man may have prudent habits, and yet be a bad man at heart. What is wanted is that the outward habit shall be a sign of inward good: when the fruit is good, we believe the tree to

be sound at heart. It must be remembered that education can go on without what is called learning or instruction; a man may be moral and intelligent, and yet know nothing of reading, writing or arithmetic. The getting of knowledge is a good thing in itself; but that is not the end of it; the object is to discipline the mind—to be as much as possible in a condition to think and act aright. We have dwelt the more on this point, because we wish it to be distinctly understood that good conduct may exist apart from book learning; but at the same time, we recommend books to every one.

Self-improvement raises a man. Are you ambitious; do you wish to be respected? Get knowledge; improve yourself. Knowledge gives station, and commands respect. However poor a man may be, should he display any endeavors after self-improvement, he gains a position in the esteem of those who know him, and finds that his power of being useful in the world is greatly increased. To be respected for knowledge and good conduct, is far more gratifying than to be looked up to as the owner of a title. A workman of such a character secures the confidence and approbation of his employers, and has the opportunity of benefiting his fellow-laborers by example; and doing good to others is one very important aid towards self-improvement.

In these times the question most asked concerning a man is: What can he do? It is not simply an enquiry as to being able to do something with the hands, but of ability to think also. He who thinks can make his head work for his hands; one head, in fact, can direct a great many hundred hands. Is it not a pleasure to be able to think as well as do? The mere power of working is very greatly increased by the thinking faculty. Is it nothing to be kept from mean and debasing pursuits—is it nothing to be on a track that will lead you into communion with the greatest minds—is it nothing to feel that a lasting source of enjoyment to you—is it nothing to have a resource against hours of distress and difficulty, or the fretfulness of age—is it nothing to get up day after day, and feel that you have a fixed and sustaining object before you; one that draws you on from good to better, and from better to best? Is it nothing to feel on this Sunday that you are wiser than on the last—at Whitsuntide that you know more than at Easter—at Christmas that you are more persevering than you were at Michaelmas? Are not all these advantages and encouragements—are they not worth some sacrifice and effort. If you can now discharge your duties with promptitude, in place of delaying and putting off, as once was the case, have you not made a great step in advance? Has smoking, drinking, or gambling anything to compare with this? Self-improvement leads you to find pleasures where you would never have thought of looking for them; your mind is so open to enjoyment that it comes upon you everywhere. Familiar circumstances seem to possess a new charm; country walks refresh the mind as well as the body. Of the man going on to self-improvement it may be said:—

"The meanest flow'ret of the vale,  
The simplest note that swells the gale,  
The common sun, the air, the skies,  
To him are opening Paradise."

Does any one doubt whether these results can be attained; we can refer to numerous examples. Perseverance has accomplished much, and it will accomplish yet more. Columbus, the discoverer of America, was originally a weaver; Niebuhr, the historian, was a peasant; Rollin, well known for his Ancient History, was a cutler's son; Boombfield, the poet, was a poor shoemaker; Franklin, one of the most famous men of the last century, who was Ambassador from the United States to France, when a young man, landed in Philadelphia in search of work with only a few pence in his pocket. The poets Kirk White and Akenside, were sons of butchers. Arkwright, whose invention of the spinning-