

zealously as soldiers guard the tower where the crown jewels are preserved. You may be tempted to give it up through the sluggishness of the flesh and the sophistry of Satan, or to keep it up merely as a routine. Strive to realize the necessity of cultivating these two graces; the first is regularity, the second spirituality. Regularity will see that the fire never goes out, and spirituality will take care that it is fire from heaven that burns on the altar. Those who have made the 'Morning Watch' their practice find that they can never again forego it without sure and manifest spiritual loss. There are ample reasons why we should not give it up; to omit it would be positive pain and perceptible loss to the soul's health and vigor. It is not that God demands it, like an Egyptian task-master, who will have so much in so long a time, but our spirits require it, for their love, joy and peace, and for the coming hours of toil. A great change was observed in the preaching of a German pastor, and soon a revival spread in the neighborhood. After his death, the secret was revealed. His well-worn Bible showed an entry in which he expressed his resolution to rise every morning at four o'clock, to pray till eight for his flock, and the work of God in the city. One evening, says the writer, I met a man going to our prayer meeting. He was telling me he had to commence work at six o'clock and toil in a heated factory for thirteen hours, without leaving for his hour vacation at noon. Then, said I, 'This leaves you but little time for your Bible.' 'Oh,' he replied, 'I get up every morning at half past four to have an hour's read.' A gentleman on reading the foregoing article decided to use and devote the early hours to God, so he ordered his servant to wake him. The servant failed once, and again. 'I will have no more of this,' said he, 'I will turn to God,' and hereafter the Lord awoke him. So, when we sincerely desire to do His will, and give ourselves up to Him, by yielding to the Holy Spirit, He quickens our mortal bodies, by giving us the energy to rise betimes, and we hear Him say, 'Come, rise up my beloved and come away,' and what I say unto you, I say unto all, watch, and for yourself you will realize the truth of these words, 'Oh, the pure delight of a single hour that before thy throne I spend.'"