

2. Cleanliness is conducive to health—

(a.) Of the individual—show how—structure of our body is such that unless the pores of the skin be kept open, disease will ensue—illustrate by reference to sewers in a city, which require to be flushed.

(b.) Of the public—many diseases, *e.g.*, cholera, intensified by filth.

3. Connection of cleanliness with morals—“Cleanliness is next to godliness.”

4. Hence the necessity of having, in all our houses, proper appliances for securing cleanliness, and in cities, of public baths, etc.

EXERCISE CXCI.**ON SELF-DENIAL.**

1. Definition of the subject stated, and illustrated by examples from daily life.

2. Necessity for its exercise—we have relations with our fellow-men, and must in all our actions consider how our conduct may affect them—self must be often subordinated to the feelings, the interests, of others.

3. Self-denial necessary to secure our own happiness—many things may be pleasant, which are not profitable, and so we must deny ourselves.

4. Self-denial essential to a truly complete character—self-will the bane of man—self-abnegation the very flower of manhood.

5. Incentives to the exercise of this virtue drawn from the example and teaching of our Lord.

EXERCISE CXCII.**ON WAR.**

1. The origin of war—springs essentially from the evil that is in the world—the fruit of sin.

2. The evils and horrors of war—the sufferings produced by it—the actual loss—the disturbance of all the peaceful pursuits of life—the greatest national calamity.

3. Necessity of dwelling on these evils, to prevent us being