correct answer to all these questions and to very many others that might be pertinently asked. Christians seem to forget that the spiritual kingdom has its laws to which strict obedience must be given, if the soul is to possess strong, vigorous and abounding life. The transgressor of the physical laws invariably suffers. In like manner the transgressor of the spiritual laws brings upon himself sure retribution.

What, then, are some of the laws of the spiritual kingdom? For our answer let us go "back to Christ." In His life and utterances we shall find a solution for all our problems.

I. Search the Scriptures.—Jesus emphasized the diligent study of the sacred writings He was Himself saturated with the word of God. The assaults of the tempter He foiled by reliance on the sacred oracles. God's word was constantly upon His lips, "Ye do err not knowing the scriptures." And after His resurrection, when He opened the mind of the disciples it was with a view of disclosing rich treasures stored for them in the written word. Nor need we wonder that as He expounded to them the truth they exclaimed, "Did not our hearts burn within us as He opened to us the scriptures?" Passages might be multiplied to show the value which our Lord placed on the Old Testament writings. In them He saw Himself and the path which He must tread, and from them He derived strength and courage for His work. Christ was not a Higher Critic, but He was a devotional student of the word of God. If Jesus Himself, the living Word, could not dispense with the written word, how can we, His followers, live without it. The disciples at Berœa were declared to be more noble than those at Thessalonica, because they examined the scriptures. No Christian who fails daily to assimilate the word of God can grow strong in the life divine.

II. Meditate and pray.—The necessity of taking time to hold fellowship with God, and of having a quiet spot for the purpose, was also emphasized by our Lord. "But thou when thou prayest enter into thine inner chamber and having shut thy door, pray to thy Father which is in secret, and thy Father which seeth in secret shall recompense thee." He would not part from His disciples without again dwelling on what He had so often sought to impress upon their minds, the absolute necessity of the cultivation of the inner life—"But tarry ye in the city until ye be