

A Christian Rule of Life
under the Guidance of Good Saint Ann.

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N Sunday. — We have seen how to spend the day, united to God by holy prayers, amidst all the employments of busy life. Every week, by God's appointment, there comes around a day especially devoted to His service and the refreshment of our souls — the Sunday — when labor ceases, to give place to devotion and innocent recreation. What a blessing this is from God. We may compare it to the oasis in the desert. The weary traveller, in eastern countries, sometimes has to make his way through vast regions of barren, heated sand, with no springs of refreshing water, no trees to shade him from the sun, no cool breezes, often for many days, until he is ready to sink down from fatigue and exhaustion, his tongue parched with thirst, his blood on fire with the heat. In these regions, scattered here and there, are beautiful spots, where clear fresh water springs from the ground; where delighted fruits, oranges, lemons, dates, grow in great abundance, and the air is cooled by the water springs. How these travellers long to find these spots! When the camels and other beasts of burden snuff the air from a distance, they forget their fatigue, they run with eagerness to quench their thirst at the cool fountains, and to enjoy the fresh grass. Their owners, with no less delight, stop a day to recruit their strength and cheer up their spirits, that they may be enabled to continue their way until they reach another of these refreshing places. So they hope, finally, to get through the whole journey, and successfully gain all they had in view in setting out.

Our Sundays are to us such cool, delightful spots in the journey of life. The soul is weary of the dust and heat of the world. The soul is fatigued with having so many things to do, and longs for opportunity to rest in God; to satisfy the thirst it has for God. It longs for the cool fountains and the refreshing waters. — Where are they? In the house of God, in the