voluntarily, conscientiously, and cordially observed, cannot fail to be acceptable to God, and profitable to the soul. But periodical and statutory fasts, whether appointed by the Church or the State, are of more than doubtful character. Is there not ground to fear that such enactments have well nigh brought the religious duty of fasting into contempt? Yet there are many amongst us, who ought to know better, and to act otherwise, not satisfied with God's authority to fast, seek, and are impiously fain to have, governmental authority for their abstinence, their humiliation and their thanksgiving. Would that all such reflected on the following interrogatory and inspired statement,—"Know ye not, that to whom ye yield yours lves servants to obey, his servants ye are to whom ye obey?" As regards sacred duties, christians should know no king but Jesus. Alas! some there are who divide with another their allegiance to Him, though, in charity, we must suppose they wot it not. These remarks may seem to some out of place in this narrative, but they are not uncalled for in Canada.

On the sacramental fast day two sermons were preached by one or two of the assistant ministers. And at the close of the service, after earnest prayer for Divine direction, tokens of admission to the table of the Lord on the coming sabbath were distributed to the members, which, in the case of not a few, were evidently received with much fear and trembling. The congregation again assembled for worship on Saturday, when two sermons were usually preached. By this time all the ministers who were to assist on the occasion had arrived. Of such there were usually three and sometimes four. And it was no season of idleness or ease with them. Ample work was found for them all on Sabbath. After the dismissal of the congregation on Saturday, the members of the church carefully and kindly invited to their homes those who had come up from neighbouring congregations to celebrate with them the death of their common Lord. those days it was common for many of the really and devotedly pious, who could at all command the time, to attend communions in the surrounding country, in some cases at great distances from their For such an object the time spent was deemed no loss, and the toil of travel was estimated lightly. Love to Christ and desire of fellowship with Him in His appointed ordinance of the Supper made long roads short and rough roads smooth. When a mere boy I have walked and run many miles early of a Saturday morning to bring back the horse that bore so far on his way, to a distant communion scene, a near and deservedly revered relative. Well do I remember the terror experienced, while returning from one of these sacred errands, on being overtaken, far from home and in a strange part of the country, by a terrible thunder storm, and having in charge a restive animal which my then puny arm was ill able either to restrain or guide. The interchange of sentiment and the reciprocation of affection, at these sacramental seasons, by christians