

which with high moral tone, is the true high tone. A pair of overalls will obviate the mud, and the dust will give less inconvenience than in the buggy. In very severe weather the cutter can be used; but as regards all ordinary cold, the fine tone and glowing circulation, which the habit of riding will develop, will enable one to stand it without suffering. A horseback ride over the hills on a fine June morning, has in it more of exhilaration, and will do more to produce that grand flow of nervous energy, which is the physical soul of good preaching, than any other exercise. A third fatal besetment of the young preacher consists in what I may call a generally luxurious, self-indulgent effeminate habit of life. We preachers need to cultivate a firmly-disciplined, almost military, regimen. The old, Roman and Spartan warriors understood well the need of this. Plain food in just sufficient quantity, a hard bed, fixed hours to bed and to rise, no time wasted in lounging round in easy chairs and sofas, in soft chit-chat with young ladies, attention to Wesley's twelve rules—these are good for both soul and body, and will help these breathing exercises after a wonderful fashion. But I need not expand these thoughts further. As Cicero has said, the orator should be a perfect man. Great soul lies at the foundation of all good speaking. It is not the appearance, but the truth that the world