

promotive of, and never in contravention of the laws of bodily health.

This, it would seem, "should go without the saying," but, common sense as it is, it needs to be said and re-said with emphasis both to the youthful, as well as to the maturer-aged votary of pleasure, because "health is the vital principle of bliss."

Who that is without it, though surrounded by every luxury money can provide, can be really said to be happy? To destroy health by excess of pleasure is to destroy the power of being happy, and to demolish the mental and physical ideal of the "mens sana in corpore sano."

(3) They must bear a relation of moderation proportionate to the other calls upon human existence. They are not to be the meat of life, but rather its sweets. Moderation, "the silken string running through the pearl-chain of all virtues"; moderation, because it must be the practice of every Christian that so it may be his example and influence; moderation, because "there is a limit to enjoyment, though the sources of wealth be boundless and the choicest pleasures of life lie within the ring of moderation."

Moderation! how much we need to proclaim this grace throughout the world of pleasure, that things may bear some kind of proportion to one another, and that first things may have their rightful first place. Moderation, that extravagance may be restrained, and, highest reason of all, that God, His Church, and His work may have the consideration which is their due from those who profess and call themselves Christians. O, that all striving for the spiritual mastery would practise this grace of moderation, for true it is,

"Pleasure admitted in undue degree  
Enslaves the will, nor leaves the judgment free."