

day, not our own. Six working days He gives to us; against that gift He claims one for Himself—for Himself in name, but in reality for ourselves for our best and most endearing interests. Had He said it was to be spent in our rooms, no light let in on our dwellings, no voice heard within our doors, He had a right to say so. and we were bound, in all fealty, and the good faith of an agreement—our own share of which we had amply enjoyed—to abide by His will.

But He has not said so. All He asks is, that on that day we should give our hearts and thoughts and words to Him. And this demand involves our own good, though we should comply with it as an act of homage to His glory. It is perfectly in keeping with the greatest bodily and mental enjoyment. It shuts us not out from one beauty or freshness of the fair world in which we live; nor from one social or domestic pleasure consistent with holiness. It merely reminds us that we hold every hour of our lives from God, and that if we pay not honestly the head rent of one day in seven, we forfeit the other six.

It is, therefore, simple honesty to give it, and that honesty will find its own reward, when the heart, which renders this homage first as a duty, finds the sense of duty, as a constraint, gradually vanish, giving way to perfect enjoyment, as the impulse and element of its love, the essence and crown of its obedience.

There is much truth in the old proverb—"A Sunday well spent brings a week of content." We cannot benefit ourselves, or honor God more, than by a high and

scrupulous and spiritual observance of His day. Nor can I close more fitly than with those most exquisite words of our dear old friend, George Herbert, which leave, as we read them, such a pleasant ring in the ear and savour in the heart.

"O day most calm, most bright

The fruit of this, the next world's bud,
The endorsement of supreme delight

Writ by a Friend and with His blood;
The couch of time; cares balm and bay,

The week were dark, but for thy light;
Thy torch doth show the way."

—Selected.

FOR OUR YOUNG PEOPLE.

THERE is nothing so marked in our day among Christian people as the want of definiteness and system in personal religion. Our time for private prayer, reading the Bible, and attending to our religious duties, are mostly left to Church. Order is considered most important in our worldly affairs, religion and its duties are apparently considered outside of rule. People seem to be afraid of living by Rule for fear they will get into formal ways. But, my dear friends, you must have some plan of religious life, and you must try to carry out that plan, or you will be as one "beating the air." Let me give you a few words of advice as a rule of life for the day, and try if you cannot carry them out.

1. When you awake in the morning, say, "Jesus I give Thee my heart, and my soul."

2. When you are dressed, kneel down and say your morning prayers. Then think over what your duties will be, and say "O my God, I offer myself to Thee this day, with everything that I have to do. Help me to do my duty for Jesus' sake."

Think what temptations you will