

and freshness; not stunted, shrivelled, pale and feeble, ever quivering on the confines of death, but abounding with health and strength of body and soul. If you notice a tree, you will not fail to observe that it is a most wonderful instance of the vigour of life, sending forth, as it does, its living sap through every fibre from the lowest root to the loftiest leaf, steadily forcing its way outward and causing the size, colour, and proportions of the entire mass of timber, bark, twigs, leaf and blossom to yield to its mighty silent power. Just so; the life in you young men, the bodily life, the mental life, and the religious life, should be a mighty power working vigorously through your entire nature—expanding, developing, freshening and beautifying your whole self. That being your ideal of vigour, see to it that you be not known as fine, feeble, dainty dandies, who cannot face a breeze or fear to soil their hands with honest toil. On the one side, avoid the rough, coarse, rude, and slovenly habits and tastes of those who pride themselves in bearishness of growl and action; and, on the other, eschew the mincing, effeminate, foppish ways of those who, having neither the breed of true gentlemen in their blood or brains, nor the grace and natural sweetness of ladies, perpetually offend good society by their mawkish sentimentality and fussy nonsense. Be full of the naturalness which becomes young men; fresh with a well-cared-for stock of bodily and mental health; pervaded by a pure and wholesome life which draws its nourishment from the gentle dews of God's Spirit, and the reviving beams of the Sun of Righteousness.

"Daughters" differ from "sons" in the quality which should chiefly characterize them. They are to be as "corner-stones polished after the similitude of a palace,"—that is to say, they should be distinguished for *comeliness*, embracing, as this does, the quiet gentle graces which embellish private and domestic life. When our daughters become free and easy with everybody on every occasion, loud and ready with their tongue under all circumstances, bold and fond of public exhibitions of themselves for the sake of publicity, then do they cease to be clothed with that loveliness which has ever given to woman her mighty silent power over rougher and stronger natures. Let there be a cultivation of bodily vigour for the sake of health, and let the mind