

way. Physical exercise is indispensable for vigorous health. It is to the neglect of this that we may trace the nervousness, and dyspepsia, from which so many of us suffer. Do not think you are failing in your duty when you take needed relaxation; labour lightened is not labour lost, and our Divine Master still says to His overtaxed disciples, "Come aside and rest awhile."

Take care of your *minds*. Give attention to reading, but be sure and read the right things. Be on your guard that you do not let the newspaper absorb too much of your time. It is valuable in its place, but out of its place, it is most injurious. It not only takes an undue proportion of your time, but it creates the habit of desultory reading, a habit most injurious to a theological student.

Keep a corner of your library for experimental, and devotional, reading. Remember you are a *Christian*, as well as a *Minister*, and that you must be fed, if you would feed others successfully. If you can get but one book of the kind, let it be *Rutherford's Letters*. It is a book that has done me more good than any other merely human book that I have ever read; and on a Saturday night, when my work is done, and the sermons for the Sabbath are ready, I always feel that while reading those glorious *Letters*, I am renewing my strength, and laying in a preparation which will greatly bless me on the morrow.

Begin, and end, every day, with the Bible, and read it not as a minister, but as a Christian. Read, mark, learn, and inwardly digest the blessed words, and your profiting will appear unto all. It will lift you above the fogs of doubt and uncertainty, and give you a sure footing in your journey to the skies. Remember what Mr. Wesley says: "After having sought for truth with some diligence for half a century, I am at this day hardly sure of anything but what I learn from the Bible."

Take care of your *souls*. Remember that it is only