

of certain graces in others. The law which rules in the realm of our physical and intellectual natures rules also in our spiritual nature. Our physical and intellectual faculties develop just in proportion as they are properly exercised. Proper exercise is required for the development of the muscles of the arm, for the strengthening of the memory or the reason. In the same way charity grows by being exercised. Temperance increases by being faithfully practiced. Long-suffering is attained by allowing patience to have her perfect work. We can thus understand the meaning of our Saviour where he says, "It is more blessed to give than to receive." Every willing sacrifice develops the best principles of the heart and nature. Men love most those for whom they willingly sacrifice most. We are the most strongly attached to the persons, the objects, and the institutions in whose behalf we have made the greatest willing sacrifice. There is sound philosophy in our Lord's Parable of the Talents, "To him that hath shall be given." The talent is increased to the man that *hath* it to a good purpose, but from him that *hath* it not to a good purpose it is taken away. Our physical and intellectual faculties can be retained in a state of perfection only on the condition of their proper exercise. Neglect of their exercise results in loss of power. This is a truth that is too abundantly illustrated in life. It needs only to be stated to be admitted. But it is no less true in the spiritual than in the physical and intellectual life of the Christian.

What, then, let us ask, in conclusion, does entire