

first day of the week as the Lord's Day was evidently a perfectly free Christian ordinance, though of the Jewish Christians some might cling to the Jewish practice, and be tolerated by their fellow-christians in so doing. Christianity seems to have undergone two or three successive superfetations. The first was that of Alexandrine and Byzantine theosophy, which loaded it with a great body of metaphysical dogma. The second was that of medieval priestcraft, which loaded it not only with a multitude of superstitious beliefs and practices, but with the usurped despotism of the Pope. The third and fourth were those of Reformation dogmatism on the one hand, and of the Tridentine reaction against the Reformation on the other. Justification by Faith as a dogma was evidently produced by antagonism to Indulgences, and to the whole medieval system of salvation by ecclesiastical observances, sacraments, penances and payments, of which Tetzels money-chest was the extreme and most offensive manifestation, while Predestination almost necessarily flowed as a logical deduction from Justification by Grace. Antagonism was crystallized in dogma which was stereotyped in Protestant creeds. In the same way the Protestant revival of the Sabbath seems to have had its source in an extreme Biblicism, bred of the struggle against ecclesiastical authority, and the Roman Calendar as the work of that authority and an embodiment of saint-worship at the same time. But apart from all theological dogma, Jewish, Roman or Protestant, stands the great human necessity of the day of rest; of spiritual rest for those who are religious, of physical and mental rest even for those who are not. This necessity grows stronger as the stress and strain of life increase, while the tendency to encroach upon the day for the purposes, both of business and pleasure, grows stronger at the same time. Experience has proved that less than one day's rest in seven does not suffice; and without a stated interval of repose and calm, modern society, amidst the whirl of competition, speculation and excitement, would be almost in danger of going mad.