

written in letters of gold, and hung up in the chamber of every young man in the great city. He says, "that of all the persons who were convicted of capital crimes while he was on the bench, he found few only who would not confess on inquiry that they began their career of wickedness by a neglect of the duties of the Sabbath, and vicious conduct on that day." The same distinguished judge, after years of experience, gives the following testimony in regard to himself: "I have found, by a strict and diligent observation, that a due observing the duty of this day, hath ever had joined to it a blessing upon the rest of my time; and the week that hath been so begun, hath been blessed and prosperous to me. And, on the other side, when I have been negligent of the duties of this day, the rest of the week hath been so unsuccessful and unhappy to my secular employments; so that I could easily make an estimate of my success in my own secular employments the week following, by the manner of observing this day; and this I do not write lightly or inconsiderately, but upon a long and sound observation and experience."

#### EXPERIMENT IN THE LAST WAR.

An experiment was tried on the northern frontier of the United States, during the last war. When building vessels, making roads, and performing other laborious services, the commander stated that it was not profitable to employ the men on the Sabbath, for it was found that they could not, in the course of the week, do as much work.

#### PHYSICIANS OF ROCHESTER.

Dr F. Backus and seven other respectable physicians of Rochester, New York, have given the following testimony: "Having most of us lived on the Erie Canal since its completion, we have uniformly witnessed the same deteriorating effects of seven days' working upon the physical constitution, both of man and beast, as have been so ably depicted by Dr Farre." They are more sickly than others, bring upon themselves, in great numbers, a premature old age, and sink to an untimely grave."

#### RESULT OF EXPERIENCE.

In the year 1839 a committee was appointed in the legislature of Pennsylvania, who made a report with regard to the employment of labourers on their canals. In that report, they say, in reference to those who had petitioned against the employment of the workmen on the Sabbath, "They assert, as the result of their experience, that both man and beast can do more work by resting one day in seven, than by working on the whole seven." They then add, "Your committee feel free to confess, that *their own experience* as business men, farmers, or legislators, corresponds with the assertion."

#### EXPERIMENT IN A MILL.

The experiment was tried in a large flouring establishment. For a number of years they worked the mills seven days in a week. The superintendent was then changed. He ordered all the works to be stopped at eleven o'clock on Saturday night, and to start none of them till one o'clock on Monday morning, thus allowing a full Sabbath every week. And the same men, during the year, actually ground thousands of bushels more than had ever been ground, in a single year, in that establishment before. The men, having been permitted to cleanse themselves, put on their best apparel, rest from worldly business, go with their families to the house of God, and devote the Sabbath to its appropriate duties, were more healthy, moral, punctual, and diligent. They lost less time in drinking, dissipation, and quarrels. They were more clear-headed and whole-hearted, knew better how to do things, and were more disposed to do them in the right way."

The temptation to forsake the sanctuary is greatest *in the city*. In the country there is generally no other attractive resort. There are no companies of young persons, with their regular Sabbath day resorts, making appointments at the close of each day for an agreeable place and mode of spending the next. Fewer parents in the country or persons of respectability—are absent during any part of divine service, giving an indirect sanction to the strolling of the young; and consequently direct solicitations to Sabbath amusements are rare, at least in the Eastern counties. Alas, that such en-