

is simply because nature does not feel it necessary to make her usual draft on Morpheus, neither body nor mind requires it, and a wakeful hour or two is neither inappropriate nor unenjoyable. The mind likes to luxuriate consciously in repose—to ramble hither and thither over the past, and to pry and plan as best it may into and for the near future. This is no task but a spontaneous exercise like the sport of boyhood, or the play of "troutlets in a pool." Mind is stretching its arms, or it may be its wings, to shake off indolence induced by ease, and nerve its frame for the struggle of the day. We arise and go forth buoyant and defiant, fearing not the face of man nor the fight for which we behold with gladness the field cleared and the lists erected.

All this results from rest, and rest alone — physical repose reacting somewhat on our mental nature. But on Monday morning we may many times feel an elevation somewhat beyond this. Being rested, we can go forth rejoicing as strong men to run a race; but if, while resting the body, we have done a little towards feasting the mind, we may feel not only physically strong but mentally magnificent. With this higher acquisition, we may not only find pleasure in the race itself, but lifting our inner eyes to the bright sky above and surveying the varied beauties that surround the racecourse we may gather from a vastly extended circumference materials for higher and more enduring enjoyment. To

this intellectual elevation and expansion the Sabbath lends most efficient and much needed help; nor, while we fully recognise and rejoice in its yet higher function, do we think that even the spiritually minded should withhold its leisure from this lower sphere of beneficence. Many who ignore the spiritual and purely devotional, can derive great benefit from the day, as giving scope for intellectual breathing, and by this respiration they must needs grow into a fuller manhood, which we shall hope by-and-by to see gloriously crowned with that by which alone man can reach his true dignity. The many new starts which Monday morning gives us help us on wonderfully with the world's work, when, along with the weekly regenerator we find this *elixir vitae* also, we shall live indeed. Meanwhile let us rest and be thankful — thankful for the day; and determined to turn it to the best account physically, intellectually, and spiritually. So shall we hail with gladness each succeeding Monday morning.



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