

our, we  
in so  
a duty  
  
recrea-  
l Lord  
at the  
that it  
a mar-  
much  
ie that  
casion  
at our  
nt, yet  
ent of  
l, even  
casion  
d and  
of the

have  
same  
up in  
inities,  
gether,  
it that  
itarily)  
offered  
their  
; way ;  
rtunity

ide for  
amuse-  
visedly

between him and his God—that he must first consider his duty to God and his neighbour as above set out—his position in life, his attainments, his means, his opportunities for doing good. I think in considering these he is justified in assuming he may allow himself such time for amusement and recreation as is necessary to enable him to perform his duty, *i.e.*, his duty to God and His Church, his duty to those dependent upon him, and his duty to those who are not. He must decide for himself what his duty is, how he is to do it, and what enjoyment he may take. If he does his duty, then he may take his enjoyment. It may be asked, How is he to tell when he has done his duty? The answer is, his conscience will tell him, for what is conscience but God's arbiter, the means whereby we weigh our deeds and thoughts, our acts and omissions, and decide, as far as it is possible to decide on earth, whether we have done well or ill.

It may be said this is too involved, too tedious, too slow a way in which to determine one's pleasuring; the very thought of work is repugnant to pleasure; if one went through this process before each pleasure one would have but the husks, the shell—all the pleasure would be gone; but is this so? Must we not, as Christian men, watch our lives, and how can we do so without keeping track of our actions? Must we not plan if we would enjoy to the utmost? Do we not enjoy most really and fully that which is procured by our own efforts—the reward of our toil?

Having dealt with the place which amusement and recreation should occupy, the next point to consider is what forms of amusement and recreation we may enjoy. . . . .

Speaking generally, it is not in the use of the various forms of amusement and recreation that the