

ive rather than exhaustive, as to beneficial recreation.

In the first group we would class :

The refreshing and exhilarating delights of music ; the pursuit of the fine arts ; the joys and companionship of good books. " No one," says Sir John Lubbock, " can read a good interesting book for an hour without being the better for it."

" Reading," Addison says, " is to the mind what exercise is to the body."

" The mind, relaxing into needful sport,
Should turn to writers of an abler sort,
Whose wit well managed, and whose classic style,
Give truth a lustre, and make wisdom smile."

" Half the gossip of society would perish," says Dawson, " if the books that are truly worth reading were but read."

Let this be the law for book-reading recreation : Read only such books as tend to elevate the spiritual and moral tone, avoid all which tend to their lowering.

In the second group we would class :

All healthy out-door sports, *e.g.*, cycling, and games which call into play the muscles and strengthen the system. Tennis, golf, cricket, boating, etc., as well as all travelling for purposes of pleasure and information. Who among us is not the better for the summer outing? Who that does not do after it better work and with keener, sharpened appetite?

In the third group we would class :

Indoor pastimes and games of such kind as that there can be no question on the part of any as to whether they conflict with the solemn professions of the Baptismal covenant. This must be our fixed, abiding standard, by which to regulate our conduct.