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lic means of grace are deficient, there is so much the more need that you search the scriptures with unceasing care. "*Remember the Sabbath day to keep it holy.*" It cannot possibly contribute, either to your health or outward prosperity, to rob HIM on whom you every moment depend, and who is the bountiful Bestower of every good gift. If you cannot assemble with any christian congregation, to wait on the public services of the sanctuary, let each head of a family have a church in his own house. Suffer not your children to spend, in carnal indulgences, the day which you would be ashamed to devote to secular business. Be more solicitous to guard the sanctity of the Sabbath, than to protect your crops from the ravages of the cattle.

There is a trite proverb, which, when properly understood, conveys an important and useful lesson: *God helps them*, it is said, *who help themselves*. If the maxim should be understood as implying, that a man's destiny is of his own making, then we hold it to be not only false, but impious. But on the other hand, it is a most important truth, that God does not put forth his power in behalf of those who are sunk in apathy and indolence, but for those who diligently use the means which he has appointed. When the divine Redeemer was about to commence his public ministry, his herald was sent before him to publish this high command, "*Prepare ye the way of the Lord; make straight in the desert an highway for our God.*" If we judge rightly, brethren, this is just the duty to which you are now especially called. We confidently believe, that the time is approaching, when the exalted Messiah shall ride in triumph throughout the whole extent of Canada, from one end of the land to the other. Its mighty rivers, and boundless forests; its protracted winters, and accumulated snows, will present no effectual barriers to his progress. "His arrows shall be sharp in the hearts of his enemies; therefore the people shall be subdued under him." "A willing people shall come to him in the day of his power." But it is no presumption to affirm, because both the testimony of Scripture, and the history of past dispensations, furnish ground for the affirmation, that whether this event shall take place at an earlier or more distant period, is inseparably connected with the measures that shall be adopted, and the efforts that shall be made, by the Canadians themselves.

You may, perhaps, feel inclined to put the question, '*What can we do for promoting the progress of the gospel in Canada? Are there any means to that end in our power?*' Our limits will not permit us to go into detail, in specifying what we conceive to be in your power; but we would beg your attention, while we offer a few hints for your consideration.

1. The first thing we would recommend to you, although it may possibly appear to be remotely connected with the object in view, is, that you should cherish in your minds constantly, a high sense of the superlative value and importance of the instituted ordinances of divine grace. If this be wanting, and there is no small danger that it should be extremely weakened, if not absolutely destroyed, by a long continuance of religious privations, it is most unlikely, that any vigorous efforts will be employed for the acquisition of privileges that are held of no account.

2. We would, in the next place, recommend, that you be importunate in your prayers to God, in regard to this very matter. The exalted