

is cruel and unseemly caution. It is like an individual who has passed over a dangerous way, saying of his fellow who has just entered upon it, let him find out the difficulties and dangers as he goes along. Would it not be more kindly to apprise him, that he might prepare? Don't allow the christian to feel as that young man, who has come, gloved and slippers into undisputed possession of a large estate, for which another has toiled and sweat, and now has nothing to do but eat, drink and be merry. Rather make him realise that he is a new settler with only a small cleared spot, scarcely large enough to pitch a tent, while broad acres of gnarled forest trees surround him, that if he would enlarge his spiritual possessions, if he would make this soil produce a rich harvest to the glory of God, he must fell these knotty giants of the forest and "break up this fallow ground." In a word, if he would realize Spiritual growth, he must fulfil this inevitable condition

HE MUST WORK.

This may not be the first, but it is undoubtedly a condition of growth. God has constituted us physically, mentally, and spiritually for work. In neither sphere can it be dispensed with without a manifest hindrance to developement, simply because in such a case one of the most important laws of growth is violated. It would be perhaps startling if the aggregate of weaklings in our churches, from this cause, were revealed to us. A successful ministry is not always to be inferred by the number of sermons preached or family visits made, or even by the number of reported baptisms, but rather by the workers sent out to strengthen the outposts of Zion and bless a needy world. Large additions to churches sometimes prove a source of weakness rather than strength. If allowed to fold their hands in indolence, they soon become fruitless branches, and hang a dead weight to bear down and stop the growth of the living tree.

The church in her activities, should be made to resemble the bee-hives in your garden, where industry is the watchword of the entire family, where drones must either become inspired with the spirit of work or be expelled from the hive. Another condition of growth in the physical and mental domain, is proper

ATTENTION TO DIET.

We must have food, and food of a certain kind. Man is not expected to live on what forms a staple diet for inferior animals, he must have an aliment adapted to his constitution. The mind, too, must be nourished and expanded by food corresponding to its powers. So, also, if we have spiritual developement, it must be by the observance of a law analogous in the spiritual sphere. For man to be without food is not good, simply because he must starve. For the soul to be without knowledge is not good, for the same reason. Knowledge is the pabulum upon which the soul feeds and grows. Here too, attention to the quality is a most important consideration. All kinds of knowledge will not conduce to spiritual growth. *Bible knowledge* is of the first importance. The more extensive the