

no anxiety, dissipate no doubts, afford neither peace nor sanctification, if God do not give his Holy Spirit : and if you would have the Spirit, you must ask for his influence. If, therefore, you wish it to benefit you, do not read another page, till you have most fervently, as well as sincerely, prayed to God for his blessing to accompany the perusal. I have earnestly prayed to God to enable me to write it, and if you as earnestly pray to him to enable you to read it, there is thanksgiving in store for us both ; for usually what is begun in prayer, ends in praise.

4. *Do not read too much at a time.* Books that are intended to instruct and impress, should be read slowly. Most persons read too much at a time. Your object is not merely to read this treatise through, but to read it so as to profit by it. Food cannot be digested well, if too much be eaten at a time ; so neither can knowledge.

5. *Meditate on what you read.* Meditation bears the same office in the mental constitution, as digestion does in our corporeal system. The first mental exercise is attention, the next is reflection. If we would gain a correct notion of an object, we must not only see it, but *look* at it ; and so, also, if we would gain knowledge from

books,
of, bu
tation
readin
are, or
tion d
medita
through
salvati
derstan
the qu
derstan
and me
chapter
and wi
6. A
wander
your ea
cular p
bleness
will be
and as
whether
to edifi
and som
states v