

reminder is not dangerous. It has rather a salutary tendency. It leads me to think gratefully of our deliverance from that dreadful darkness, the dawn which succeeded, and the meridian splendour in which we now exult. To those who advance, a retrospect is pleasing and may be profitable. The sun and moon begin the weekly sub-series of days; and these two really occupy much the same position to the other five that their name-parents hold to the lesser dignities with which they have been nominally associated.

It is with the second we have now to do. Monday morning begins the working week. It comes with all the virtues we have noted as belonging to mornings in general, but presenting one of these in special prominence. The morning of Monday arrives not only after the usual interval of nocturnal repose, but also marks the advent and exit of a day consecrated to rest and recreation. It is thus more emphatically than any other morning of the week, a new beginning—a fresh start in the enterprise of human existence and exertion.

All nature, more or less, participates in the nocturnal renovation—man alone in the higher and more elevating influences of the Sabbatical interval. "The Sabbath was made for man," and thus Monday morning comes, or should come to him, as it can dawn upon no other. Spent merely in rest, negative repose, without activity of any kind, this "day off" must prove largely conducive to

the welfare of those who are really over-worked during the other six; but in this respect man's near dependants of the lower creation can and do share along with him. The hard-worked horse needs not to leave his stall, except, perhaps, to luxuriate in the summer air on the grassy field, while even the ill-used donkey (donkeys generally are ill-used) give a more hilarious bray as he recognises that the day has dawned on which his wicked master ceases from troubling. Up to this point the three animals—man, horse and donkey—can enjoy the rest together, and profit by it in the same way; but for man the day has a higher mission, and benefits vastly more benign—all which tend to impart to Monday morning that distinguishing character which has secured for it our present condescension. We refer to the Sabbath with no Sabbatarian purpose at all, but simply because Monday morning must needs be very much what the preceding day makes it.

We should, and generally do, meet Monday morning doubly refreshed and reinvigorated. Under natural arrangements properly carried out each night's repose should sufficiently recuperate from the previous day's exhaustion, but arrears are apt to be left, and to accumulate. These the weekly rest-day should quite clear off, and hand Monday morning a clean sheet for the six days to come. How exultant we feel when this is the case. We wake early, and may have slept less than on other nights, but if so, this