

ing of the God of salvation attend and render effectual his holy word!—Dr. John Hall.

As givers the Macedonian Christians were models. They gave out of deep poverty, and in the midst of severe affliction; they gave up to the limit of their power, and even beyond it, as Paul thought. And they entreated the Apostle to accept and disburse their offerings. How different from the many Christians who have to be entreated to contribute to God's cause.

**The Portfolio of a Pessimist**

Preachers need to rest when they are tired. Z. Pessim too hard on them. I am a sound friend of preachers. Want to be one myself. Tried to once. Forgot my piece. Church didn't license me. I don't blame preachers not born for that. I say let them rest when they are tired. But they don't do it. That's where I come down on them. Seem like they hate rest. Anyway they figure fifteen months ahead to get chance to preach. Very thing they claim tires them. If they can't get any chance to preach they lecture! Got to be doing something. Puzzled me amazing till I got onto it. Do they fuss fifteen months for chance to preach without pay? Not much. Now take our minister. Clever enough fellow. Claims he's awfully used up. Turns him pale to think of it. Women so sorry. So I. Off on vacation. Church praying for him. What's he doing? Going up and down the earth seeking ten dollars a Sunday to devour. Getting it too. Now we pay him. Salary runs right on through August too. Pay him better and sexton and don't do his work as well. Makes world say he preaches just for money. And not so totally used up any way. Can't call him a "dumb dog." Keeps barking the year round. If there's a rabbit up the tree. No barking where no game. This hole in the stump will bear looking into.

A PESSIM.

**Our Relation to Christ.**

A. B. SIMPSON.

**W**HEN it comes to the question of conduct our actions are to be determined by our relation to him. It is because we are in him that we are to act like him. And so we read, "Whatsoever ye do in word or deed do all in the name of the Lord Jesus." To act in the name of Jesus is to act as if you were Jesus, to sustain his character, his dignity and the life that would be expected from him if he himself were here. But it is our relation to him that inspires our conduct. We need the powerful motive of his life and love. Yes, and the actual force of his indwelling spirit to enable us to live out his life in our daily conduct and conversation. How many of us are as consistent with our high calling as the simple Chinese servant in an Oakland family who applied for a situation in the family of a professing Christian. Poor John was subjected to a pretty thorough examination about his habits, but gave satisfactory and equivocal answers to all inquiries. "Do you drink?" "Do you play cards?" "No, me Clistian," and so on. He was soon at work in his new home and found efficient and faithful in everything. But one night the family had a big party and John found himself called upon to wait upon them in the usual attendance of such a function. Faithfully and silently he went through the night without a murmur, and saw them playing cards, dancing and drinking wine. The next morning he presented himself to the mistress with a short and plain announcement, "Me go, me go stay." "Why John, what is the matter?" she asked, "Me no drink, me no play cards, me no stay with heathen who drink and play cards. Me go. Me Clistian." To him there was no other logical alternative. If he was a Christian it meant to walk like Christ.

The consciousness of our high calling and our union with such a Master must lift us above the world and all its ways. It is said that the Daughin of France, the poor orphan child of the murdered Louis XVI. and his queen, was committed by his enemies to the care of a very brutal

and wicked man who was to teach him only that which was evil. The poor lad had to look and listen to nothing but that which is degrading and wrong, but often he would say when tempted to stoop to the level of his companions, "I cannot say, I cannot do such things. I was born to be a king!" Yes, there was an impulse and a memory of higher things, and it kept him above the low and the base. The love of Christ, the life of Christ, the higher spiritual consciousness which his presence gives must lift us to the place of holiness and lead us to walk worthy of the vocation wherewith we are called.

**The Art of Sleeping Healthfully.**

**I**T will be readily seen that how much sleep a man requires depends very largely upon how he sleeps. He who sleeps normally may be well and strong on six, perhaps even fewer, hours of sleep. He who sleeps as do the majority of people will be apt to find even eight or ten hours inadequate. The question is, rather, how to sleep than how long to sleep—the art of sleep rather than the abolition of sleep. There are people who never rest. Sitting or lying down, as well as walking or working, their muscles are active. On the other hand, relax all the muscles, stop thinking, and rest in this way without sleeping for a half or quarter of an hour. One may rest without sleep, just as one may sleep without rest. Sleep is very largely a matter of self-command. "How far away is the enemy?" asked Napoleon. "They will reach us in about twenty minutes," was the answer. "Then I'll have twenty minutes sleep," he remarked. And he slept calmly and restfully. Dr. William Pepper, of Philadelphia, had the same power, so had Von Hunboldt. These men had mastered the art of sleep. Sleeping is an art—an art to be acquired, happily.

How to antagonize insomnia in a normal way is, perhaps, one of the most important problems given to a brain-worker to solve. Let me give a morsel of personal experience. After a day or more or less exacting brain activity is done, I am in the habit of using some artificial and mechanical means to get the circulation away from the head back to the extremities. I used to think that walking would do this; and it is by no means always to be relied upon. Here is a little recipe: Before getting into bed, stand on tiptoe, letting the body down slowly as far as possible, then rising again with deliberation. Do this twenty times every night at least. I have heard of an octogenarian in my neighborhood who attributes his long life and good health to a faithful observance of this little device.

**Church Work Should be Appropriate.**

Stage-coach methods do not fit our times. We need no new truths, no new gospel; but we should not fail to realize that new points of contact with sin and sinners are imperatively necessary. The church-bell is no longer a sufficient invitation to the house of worship. Church work should be appropriate to its environment. All classes of workers are needed to meet the varying needs of different localities. All kinds of methods must be employed to effectually touch the various classes the church seeks to influence. The effective application of all the talents and capabilities of the whole church to the work in hand, is the ideal, and it will readily be seen that this makes co-operation imperative. The day of individualism has passed, for churches as well as for men and business enterprises; the day of Christian co-operation is here.

The men who have ability to make large sums of money in commercial enterprises should put their talent and effort beside those of laborers in other departments of God's work, and thus push the whole work forward.

**Married.**

**BROWN GILBERT.**—At Moncton, N. B., August 25th, by the Rev. A. A. Rutledge, John Brown to Mabel Gilbert, both of Albert Co.

**FROST-TABOR.**—At the home of the bride's parents Lower Norton, Kings county, N. B., Sept. 2nd, by the Rev. N. A. MacNeill, Clement H. Frost of Hampton, and Della May Tabor.

**HAYWARD-SIEVEE.**—At the home of the bride's mother, Hammond Vale, Kings county, N. B., Sept. 4th, by Pastor R. M. Bynon, Warren Hayward of Wakefield, Mass., to Celia A. Sievee of Hammond N. B.

**BARTLETT-WILBUR.**—On Sept. 4th, at the home of the bride's father, by the Rev. M. E. Fletcher, Abner E. Bartlett to Miss Flora A. Wilbur both of New Horton, Albert Co., N. B.

**MCKENZIE-WHEELHOUSE.**—At Campbellton, N. B., Sept. 8, by Rev. J. W. Keirstead, B. A., William M. McKenzie to Edith Wheelhouse, both of Campbellton.

**HAMILTON-HAMILTON.**—At Campbellton, N. B., July 16, by Rev. J. W. Keirstead, B. A., Charles I. Hamilton to Christina Hamilton, both of Campbellton.

**PINLEY-HUEKERFORD.**—In the 18th inst, by the Rev. J. D. Freeman, Joseph Pinley to Florence Ruthford, youngest daughter of the late Samuel Ruthford of this city.

**Died.**

**MOORE.**—At Cumberland Bay, Queen's Co., on 4th inst. of consumption, Della Maud, wife of Harry T. Moore, in the 32nd year of her age. Deceased leaves a little boy, four years of age and a large circle of friends. Seven years ago, during the revival conducted by Revs. J. W. S. Young and S. D. Ervine, she professed her faith in Christ, uniting with 2nd Grand Lake church. During the last few years her home has been in Moncton, but finding her health failing, in May last she came to the home of her father, A. H. Clay, Esq., where her decease occurred.

**FARNHAM.**—At Perth, Victoria Co., Sept. 2nd, Jennie Beatrice, aged 6 months, child of Cyrus H. and Clara Farnham.

**CONDON.**—At Hopewell Cape, Albert Co., August 26th, Frank Tingley, one year and three months old, child of Mr. and Mrs. Hurd Condon, after only two or three days sickness. Great sympathy is felt for the parents as this was their only child. They lost a babe some years ago, and then a little girl, six years of age was taken from them in a night. God's ways are mysterious, man finding out. The funeral was largely attended, services conducted by pastor. "The Lord giveth and the Lord taketh away."

**MCCVICAR.**—At Otterburn, Manitoba, Aug. 27th, Mr. John McCvicar, Sr., passed peacefully to his heavenly rest in the 74th year of his age. Mr. McCvicar was formerly of Mascarene, N. B., where his only surviving brother still resides. He moved to Ontario and from there came to Manitoba, about 17 years ago. He was one of the earliest settlers in Otterburn and was greatly respected. He was one of the most highly respected and influential persons in the district. He leaves a widow, one daughter and seven sons, besides numerous other relatives and friends to mourn their loss. He was baptized about 40 years ago and when a Baptist church was organized in Otterburn, shortly before his death, he and Mrs. McCvicar and one son and the daughter became members of it. The church was organized in his house where he had lain in bed for about two years previously. He was urged by the new church to allow them to elect him a deacon, but he felt he was too near the end of his journey here to be of any service in this office. The writer, who had the pleasure of his acquaintance, conducted the funeral service. It was an impressive sight to see the seven sons bearing in their own hands the casket with the remains of their father and lowering it reverently into the grave in a beautiful plot which he himself had seen several years before on their own farm, and whose two sons were buried. The concourse of people looked upon the scene with deep emotion.

**TINGLEY.**—Vera May Tingley died at Brandon, Manitoba, on the morning of August 15th, of typhoid fever. She was born in Sackville, N. B., Oct. 18th, 1888. She removed to Manitoba with her parents Eliza and Laura W. Tingley, in the spring of 1892. She professed conversion about five years ago and was baptized by Pastor Lehigh and united with the Baptist church in Brandon. At the time of her death she was secretary of the B. V. F. U., organist of the Sunday school and a member of the Baptist church choir. During her last illness she was delirious most of the time, with few short intervals, during one of which she tried to sing "Jesus bids us Shine," the teaching of which she tried to practice in her life. In a letter from her grief stricken parents they say "She has slipped away from us and our hearts are almost broken but we sorrow not as others who have no hope for aithugh she has passed away from us the memory of her sweet pure life assures us that she was a humble follower of the meek and lowly Jesus and that is our irreparable loss in her eternal gain. Therefore we kiss the rod that smites us and rejoice in Him who is the God and Rock of her salvation and ours." Vera was a beautiful girl and her many friends and relatives will cherish her memory dearly and sympathize with her bereaved parents and the family in this their great sorrow. But we will rejoice in the victory of her faith and theirs.

**MCGREGOR.**—Rev. William McGregor died at South Range, Digby county, N. S., August 26th, aged 56 years.