

Items of Interest.

During the past month fifteen young men have professed faith in Jesus Christ, and seventy-five new members were received.

The average attendance at the Sunday night meeting for men only has been 130, while the Saturday night meeting has averaged eighty-five.

On Tuesday evening, 6th inst., the fourth in our interesting series of medical talks will be given by Dr. Riordan, the subject being: "What to do in emergencies." Every young man should hear this practical talk.

Our parlour lecture this month will be given on Tuesday evening, 20th inst., by Rev. T. W. Jeffrey, the subject being: "John Kitto." There will doubtless be a large attendance at this meeting.

It is the intention at an early date to organize among our members a Y. M. C. A. Bicycle Club. No more pleasant and delightful recreation can be had during the summer, and this coupled with the pleasant, genial companionship of kindred spirits will induce large numbers to join.

The Convention was a decided success in every respect. The meetings were well attended and full of interest, and a large number of the delegates stated that it was the best meeting they had ever attended. As the report will be published shortly, and as so many of our members were present at the meetings, we shall not go further into detail.

Gymnasium Notes.

Why do you not come to the Gymnasium?
Why do you not devote some time to the necessary physical exercise?

Because I do not feel like it; I am not strong enough; my nervous system is all unstrung; I have not the time; I cannot do anything in a gymnasium; I have too much work already.

Such are some of the answers given to the above questions, when put to men of sedentary and indoor habits.

There is only one of these reasons—that of lack of time—worthy of a moment's consideration. And this one is certainly censurable, if looked upon in the light of the future. It is an incontrovertible fact, agreed upon by all who know aught about the subject, that the future must allow, for the rest and reparation of the body, that amount of neces-

sary time which you neglect to give it in the present. Indeed, the physical system will demand, at some future time, principal with compound interest, at the rate of twenty-five per cent., or more, if the liquidation of the bill be delayed very long.

As to the other answers to our first questions, what stronger reasons could be given for the necessity of systematic work in a gymnasium?

If you are weak, use this best of means to get strong. If you are nervous, the use of your muscles calls those nerves and nerve-centres into action, and thus steadies and strengthens them. There is the relation of inter-dependence in the nerves and muscles. The nerves convey to the muscles the motary power, which has originated in the mind, while the muscles in turn, in their action, cause the carriage of sustenance to the nerves.

As to another reason, the gymnasium is not a place to "do things" in, but a place to get strong, vigorous and symmetrical. But if you wish pleasing tricks, come and learn.

J. A. MALLOY.

In Memoriam.

Our members and friends will read with painful interest of the early death of Mr. William Cassidy, well-known as an active energetic worker in our Association prior to his departure for China last year. Mr. Cassidy died of small-pox at Kobe in Japan on his way to Shanghai. It was largely through the efforts of Mr. Cassidy that the Y. M. C. A. was established in connection with the Medical Colleges in this city.

He was their first President, and was most devoted in his work for the Master, and had given himself to foreign missionary work, and had been appointed medical missionary in connection with the China Inland Mission.

This sad event is one of the dark inscrutable providences of God, but He doubtless has a wise purpose in view, and we trust the early death of our brother, together with his deep devotion and consecration to God's service may be an incentive to our members and the Medical Students to more faithful and earnest work for Christ. May it also be a means of drawing out many others to give themselves fully to mission work in other lands.

Mrs. Cassidy has our deepest sympathy and prayers in this sad bereavement.