

A SOUND mind in a sound body is confessedly a desideratum. How secure the same? Calling at a home where a mother toiled constantly for her small and growing family, a baby girl was crying with the tooth-ache. As the mother seemed perplexed we asked, "Have you such an article in the house?" The ready reply was, "Oh, we have everything." Such an array of bottles! Pain Killer, Paregoric, Ready Relief, Electric Oil, etc! Quack advertisements had frightened the poor woman into a belief that every ache or irregularity was the symptom of fatal disease. The following sensible remarks from the *New York Hour* are worthy of being read and retained, as well as the preliminary remarks from the *Boston Congregationalist* from which the extract is made:

EFFECTS OF IMAGINATION.

The well authenticated cases of persons who have been informed that their lungs were fatally diseased but who yet have lived on for years, and in comparative health, leads the *New York Hour* to remark that thousands are frightened into their graves every year. Not all pain in the chest arises from weak lungs, and heart disease, so called, is more apt to be simply the sympathetic effect of a disordered stomach, or other temporary difficulty. The *Hour* says: It should be remembered by the afflicted or the frightened that all the vital organs are out of sight, and that the extreme of skill and experience can only imperfectly ascertain their condition. The kidneys are the only exception to this rule, for their condition for the time being can be judged to some extent by what comes from them. But even this test may be misleading, and it is the means of a frightful amount of abuse of the feelings and pockets by quacks and unscrupulous regular physicians. The excreta of the kidneys is uniform only in persons whose habits of eating, drinking, sleeping, bathing, and working are absolutely regular.

The natural deduction from all this is that no person should keep up the fears regarding the heart, the lungs or any vital organ until he has first tried the effect of absolutely regular and intelligent physical habits. Plenty of well-cooked food, few or no stimulants, regular rest, frequent bathing, and either steady work or plenty of moderate physical exercise, have in a short time restored to health thousands of persons who have been given up to die of vital disorders.

WE congratulate our Winnipeg friends and their genial pastor on the very happy report published in our news column. We agree with our brother that it is far more important that the Gospel be preached, than that Congregational Churches—simply as such—should be established; but the friends who were chiefly interested in the establish-

ment of a Congregational Church in Winnipeg may ask, does such establishment hinder that preaching? We must demur to the remark about the Missionary Society not considering Manitoba and the North-West as being in Canada, especially in view of the virtually adverse position the writer himself has taken to efforts being put forth in that direction by the Society. Regarding hinted aid to the Presbyterian missions, and the spirit of union needed in the North-West, we can only say, do what seemeth best, brother, but certainly many will think that an alumnus of the Congregational College, and one who for some time aided and was aided by the C. C. M. S. should have some active remembrance of the friends of earlier days and of present denominational ties.

"SLAVES cannot breathe in England, they touch our country and their shackles fall." So proudly says an English poet, and rapturously every British heart responds. But the forms of things too oft deceive us, and he who cries the loudest for liberty full often binds the faster the tyrant's chain. Covetousness, which is idolatry and like idolatry cruel, has not seldom slaveries under its rule as bitter as any found in days now gone. Regarding the annexation of New Guinea so loudly demanded by our fellow-colonists of Australia, the following side light may supply information. It is part of a leading article in the *Nonconformist and Independent* :—

It appears that a native called Nakuri was recently found as a stowaway in the mission schooner *Ellan-gowan*, and, when questioned, the account he gave of himself—an account confirmed in various essential particulars—was that he was making his escape from slavery in Queensland. About the end of April last he was in his native village of Bou, near East Cape, when a European vessel cast anchor off the coast. Two boats came ashore, and amongst the crews were natives of a neighbouring island, through whom communication was opened with Nakuri and his friends. They were offered various rewards, such as tomahawks and other things irresistible to savages, if they would go away with the vessel "for three moons." A crowd of natives were thus obtained; and when they were at sea their names were taken down by the captain, who told them that they were engaged for three years. They were treated roughly, fed with rice, and sometimes beaten. After about a fortnight they were landed on the coast of Queensland, and visited presumably by an agent of the Colonial Government, who questioned them as to their condition. But having been told that unless they gave a good account of their treatment they should never go back to their