

at the same time the spirit of loyalty to one's own church and denomination." Later a rule of membership has been adopted ruling out all churches not accepted as evangelical. This will be found, I am sure, to be a fatal error. As contention and disruption, and almost complete disorganization was introduced into the Association for Church Union, by drawing the evangelical line, and making the vain effort to unite on some more elaborate creed than the simple belief in God and the brotherhood of man; so in this great Christian Endeavor work, in which some of us saw the solution of the problem of unity in the Christian Church happily solved, while preserving the liberty of independent belief and practice to every separate denomination, their latter rule which practically excludes the members of all religious bodies not regarded as Evangelical, unhappily introduced the element of discord and disruption which has so nearly proved fatal to the first effort toward Christian unity, and which must in the end, unless the obnoxious rule is rescinded and they return to the liberal ground of their early organization, destroy the bright promise of their earlier years.

Some of our young Friends have been led away from us and the simple and beautiful principle of our Christian faith, and have joined in this Christian Endeavor work, under the auspices of the other denominations. This is deeply to be regretted, and our simple remedy is near at hand. Make our Young Friends' Associations more active in the work in which they are now entering, and I would even add to their name, and call them "Young Friends' Associations for Christian Endeavor." And I believe, too, that we should be doing a good work for the Christian world, and for our own religious organization at the same time, by using our efforts, united with those of others who desire to see a union of all Christians against the evils of every name which abound in the world, to

secure the change in the organization of the Christian Endeavor which would admit all Christian denominations. If that was done, our Young Friends' Associations, with their modified name, could send delegates to the Conferences of the United Society for Christian Endeavor, while continuing their own work in our Society under our own forms, and make that work all the more efficient by their connection with the general organization.

I understand well that the work of religion must be in the heart, and an individual work; without this sure foundation all else would be external and of but little value. But if we stop there, to be consistent we must give up all our great conferences which are now entering upon so useful a career, and remain at home, cultivating our own individual gardens. This has been too much the case with Friends in the past. "These things ought ye to have done, and not to have left the other undone." We are now happily approaching that stage in which we are more led to unite with others in all good works. Organized effort in all directions is being more and more recognized as important to secure desired results. Let us not then hesitate to enter upon such efforts when we can do so with no sacrifice of our principles. Not, by any means, because it is fashionable, but because this is God's recognized method of accomplishing much of His important work in the world.

EDWARD H. MAGILL.

A lecturer to the National Health Society of England recommends very thin slices of bread and plenty of sweet butter to dyspeptics, consumptives, and others who wish to build up on easily digested food, and adds the statement that many physicians are now ordering this form of nutrition for delicate patients. Many persons who find it difficult either to swallow or digest cream, olive, or cod-liver oil could eat a quantity of the fat of butter quite unconsciously, and assimilate it easily.